

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Caffeine (mg)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: November 05, 2015 06:32 EST

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 14366  | Beverages, tea, instant, unsweetened, powder  | 5,714.00                  |
| 14214  | Beverages, coffee, instant, regular, powder   | 3,142.00                  |
| 14375  | Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder                        | 2,240.00                  |
| 14222  | Beverages, coffee, instant, with chicory  | 2,063.00                  |
| 14368  | Beverages, tea, instant, lemon, unsweetened   | 1,794.00                  |
| 14203  | Beverages, coffee, instant, regular, half the caffeine  | 1,571.00                  |
| 19268  | Candies, dark chocolate coated coffee beans   | 839.00                    |
| 19279  | Candies, milk chocolate coated coffee beans   | 800.00                    |
| 14224  | Beverages, coffee, instant, mocha, sweetened  | 360.00                    |
| 19165  | Cocoa, dry powder, unsweetened  | 230.00                    |
| 14210  | Beverages, coffee, brewed, espresso, restaurant-prepared  | 212.00                    |
| 19859  | Cocoa, dry powder, hi-fat or breakfast, plain   | 197.00                    |
| 14353  | Beverages, tea, instant, decaffeinated, unsweetened   | 169.00                    |
| 14548  | Beverages, tea, instant, lemon, with added ascorbic acid  | 124.00                    |
| 14218  | Beverages, coffee, instant, decaffeinated, powder   | 122.00                    |
| 19903  | Chocolate, dark, 60-69% cacao solids  | 86.00                     |
| 19078  | Baking chocolate, unsweetened, squares  | 80.00                     |
| 19904  | Chocolate, dark, 70-85% cacao solids  | 80.00                     |
| 19166  | Cocoa, dry powder, unsweetened, processed with alkali   | 78.00                     |
| 19860  | Cocoa, dry powder, hi-fat or breakfast, processed with alkali   | 72.00                     |
| 19081  | Candies, sweet chocolate  | 66.00                     |
| 19080  | Candies, semisweet chocolate  | 62.00                     |
| 19701  | Candies, semisweet chocolate, made with butter  | 62.00                     |
| 14356  | Beverages, tea, instant, decaffeinated, lemon, diet   | 57.00                     |
| 43260  | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted                            | 52.00                     |
| 19077  | Baking chocolate, unsweetened, liquid   | 47.00                     |
| 19905  | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 47.00                     |
| 19902  | Chocolate, dark, 45- 59% cacao solids   | 43.00                     |
| 14209  | Beverages, coffee, brewed, prepared with tap water  | 40.00                     |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 14060  | Beverages, Energy Drink with carbonated water and high fructose corn syrup   | 38.00                     |
| 14317  | Beverages, malted drink mix, chocolate, powder   | 37.00                     |
| 14370  | Beverages, tea, instant, lemon, sweetened, powder  | 35.00                     |
| 14026  | Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12                  | 34.00                     |
| 14030  | Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12 | 34.00                     |
| 14538  | Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A                | 34.00                     |
| 14626  | Beverages, Energy drink, FULL THROTTLE   | 33.00                     |
| 14627  | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12   | 33.00                     |
| 14629  | Beverages, Energy drink, ROCKSTAR  | 33.00                     |
| 14630  | Beverages, Energy drink, ROCKSTAR, sugar free  | 33.00                     |
| 14061  | Beverages, Energy Drink, sugar free  | 32.00                     |
| 14625  | Beverages, Energy drink, AMP   | 31.00                     |
| 14022  | Beverages, MONSTER energy drink, low carb  | 30.00                     |
| 14156  | Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12                      | 30.00                     |
| 14628  | Beverages, Energy drink, AMP, sugar free   | 30.00                     |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping  | 30.00                     |
| 42196  | Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar   | 30.00                     |
| 14154  | Beverages, Energy drink, RED BULL  | 29.00                     |
| 14179  | Beverages, coffee, ready to drink, milk based, sweetened   | 28.00                     |
| 14215  | Beverages, coffee, instant, regular, prepared with water   | 26.00                     |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof  | 26.00                     |
| 14534  | Alcoholic beverage, liqueur, coffee, 63 proof  | 26.00                     |
| 14204  | Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener   | 25.00                     |
| 14422  | Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder  | 25.00                     |
| 43205  | Beverage, instant breakfast powder, chocolate, not reconstituted   | 25.00                     |
| 14038  | Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink  | 23.00                     |
| 14223  | Beverages, coffee, instant, chicory  | 21.00                     |
| 28290  | Cookie, with peanut butter filling, chocolate-coated   | 21.00                     |
| 43401  | Beverages, coffee, instant, with whitener, reduced calorie   | 21.00                     |
| 14183  | Beverages, coffee, ready to drink, iced, mocha, milk based   | 20.00                     |
| 14355  | Beverages, tea, black, brewed, prepared with tap water   | 20.00                     |
| 14544  | Beverages, tea, black, brewed, prepared with distilled water   | 20.00                     |
| 19120  | Candies, milk chocolate  | 20.00                     |
| 19134  | Candies, milk chocolate, with rice cereal  | 20.00                     |
| 14196  | Beverages, Cocoa mix, no sugar added, powder   | 19.00                     |
| 14236  | Beverages, coffee substitute, cereal grain beverage, powder  | 19.00                     |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 14640  | Beverages, Energy drink, VAULT, citrus flavor  | 19.00                     |
| 14641  | Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor                                     | 19.00                     |
| 43031  | Candies, chocolate covered, caramel with nuts  | 19.00                     |
| 14165  | Beverages, carbonated, limeade, high caffeine  | 18.00                     |
| 14173  | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened                           | 18.00                     |
| 14192  | Beverages, Cocoa mix, powder   | 18.00                     |
| 19132  | Candies, milk chocolate, with almonds  | 18.00                     |
| 19143  | Candies, MR. GOODBAR Chocolate Bar   | 18.00                     |
| 19379  | Candies, fudge, chocolate marshmallow, prepared-from-recipe  | 18.00                     |
| 19924  | Syrup, NESTLE, chocolate   | 18.00                     |
| 28289  | Cookie, vanilla with caramel, coconut, and chocolate coating                                       | 18.00                     |
| 44258  | Puddings, chocolate flavor, low calorie, regular, dry mix  | 18.00                     |
| 19142  | Candies, MOUNDS Candy Bar  | 17.00                     |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine                                 | 16.00                     |
| 19301  | Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe                               | 16.00                     |
| 19914  | Candies, M&M MARS 3 MUSKETEERS Truffle Crisp   | 16.00                     |
| 14079  | Beverages, yellow green colored citrus soft drink with caffeine                                    | 15.00                     |
| 14151  | Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine   | 15.00                     |
| 19138  | Candies, truffles, prepared-from-recipe  | 15.00                     |
| 19109  | Candies, KIT KAT Wafer Bar   | 14.00                     |
| 19124  | Baking chocolate, mexican, squares   | 14.00                     |
| 19126  | Candies, milk chocolate coated peanuts   | 14.00                     |
| 19141  | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies   | 14.00                     |
| 44061  | Puddings, chocolate flavor, low calorie, instant, dry mix  | 14.00                     |
| 14021  | Beverages, Energy drink, Citrus  | 13.00                     |
| 14073  | Beverages, ZEVIA, cola   | 13.00                     |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat                                 | 13.00                     |
| 19220  | Desserts, rennin, chocolate, dry mix   | 13.00                     |
| 14261  | Beverages, tea, green, ready to drink, unsweetened   | 12.00                     |
| 14278  | Beverages, tea, green, brewed, regular   | 12.00                     |
| 14416  | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine         | 12.00                     |
| 18161  | Cookies, chocolate chip, dry mix   | 12.00                     |
| 19001  | Candies, TOBLERONE, milk chocolate with honey and almond nougat                                    | 12.00                     |
| 19916  | Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup                    | 12.00                     |
| 14166  | Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine | 11.00                     |
| 14247  | Beverages, tea, black, ready to drink  | 11.00                     |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 14367  | Beverages, tea, instant, unsweetened, prepared with water                       | 11.00                     |
| 14376  | Beverages, tea, instant, lemon, diet  | 11.00                     |
| 18159  | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched   | 11.00                     |
| 18422  | Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched | 11.00                     |
| 19188  | Puddings, chocolate, dry mix, regular   | 11.00                     |
| 19917  | Candies, M&M MARS Pretzel Chocolate Candies                                     | 11.00                     |
| 25031  | Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors                  | 11.00                     |
| 25034  | Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors                       | 11.00                     |
| 14153  | Beverages, carbonated, pepper-type, contains caffeine                           | 10.00                     |
| 18157  | Cookies, chocolate wafers   | 10.00                     |
| 18951  | Waffles, chocolate chip, frozen, ready-to-heat                                  | 10.00                     |
| 19083  | Candies, sweet chocolate coated fondant   | 10.00                     |
| 19136  | Candies, HERSHEY'S SKOR Toffee Bar  | 10.00                     |
| 19140  | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies                      | 10.00                     |
| 19162  | Candies, WHATCHAMACALLIT Candy Bar  | 10.00                     |
| 28298  | Cookies, brownies, commercially prepared, reduced fat, with added fiber         | 10.00                     |
| 42183  | Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars                    | 10.00                     |
| 14148  | Beverages, carbonated, cola, regular  | 9.00                      |
| 14149  | Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners    | 9.00                      |
| 14199  | Beverages, tea, black, ready-to-drink, lemon, sweetened                         | 9.00                      |
| 18163  | Cookies, chocolate chip, refrigerated dough                                     | 9.00                      |
| 18209  | Cookies, sugar wafers with creme filling, regular                               | 9.00                      |
| 14207  | Beverages, tea, ready-to-drink, lemon, diet                                     | 8.00                      |
| 14400  | Beverages, carbonated, cola, fast-food cola                                     | 8.00                      |
| 14415  | Alcoholic beverage, liqueur, coffee with cream, 34 proof                        | 8.00                      |
| 14557  | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients | 8.00                      |
| 14601  | Beverages, WENDY'S, tea, ready-to-drink, unsweetened                            | 8.00                      |
| 18198  | Cookies, chocolate chip, commercially prepared, special dietary                 | 8.00                      |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes                 | 8.00                      |
| 18943  | Pie Crust, Cookie-type, Chocolate, Ready Crust                                  | 8.00                      |
| 19048  | Snacks, pretzels, hard, confectioner's coating, chocolate-flavor                | 8.00                      |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                                 | 8.00                      |
| 19144  | Candies, NESTLE, 100 GRAND Bar  | 8.00                      |
| 19155  | Candies, MARS SNACKFOOD US, SNICKERS Bar  | 8.00                      |
| 25060  | Snack, Pretzel, hard chocolate coated   | 8.00                      |
| 28330  | Cookies, marshmallow, with rice cereal and chocolate chips                      | 8.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 01240  | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate          | 7.00                      |
| 18112  | Cake, pudding-type, german chocolate, dry mix                                       | 7.00                      |
| 18117  | Cake, pudding-type, marble, dry mix   | 7.00                      |
| 19064  | Candies, TOOTSIE ROLL, chocolate-flavor roll  | 7.00                      |
| 19076  | Candies, caramels, chocolate-flavor roll  | 7.00                      |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                          | 7.00                      |
| 19125  | Chocolate-flavored hazelnut spread  | 7.00                      |
| 19150  | Candies, REESE'S Peanut Butter Cups   | 7.00                      |
| 19159  | Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar  | 7.00                      |
| 19160  | Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars                                | 7.00                      |
| 19161  | Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars                          | 7.00                      |
| 19182  | Desserts, mousse, chocolate, prepared-from-recipe                                   | 7.00                      |
| 19184  | Puddings, chocolate, dry mix, instant   | 7.00                      |
| 19348  | Syrups, chocolate, fudge-type   | 7.00                      |
| 25021  | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE                                       | 7.00                      |
| 28293  | Cookie, butter or sugar, with chocolate icing or filling                            | 7.00                      |
| 42227  | Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies                          | 7.00                      |
| 01239  | Ice cream cookie sandwich   | 6.00                      |
| 08206  | Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS  | 6.00                      |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                                    | 6.00                      |
| 14181  | Beverages, chocolate syrup  | 6.00                      |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery     | 6.00                      |
| 18097  | Cake, pudding-type, chocolate, dry mix  | 6.00                      |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting                            | 6.00                      |
| 18168  | Cookies, chocolate sandwich, with extra creme filling                               | 6.00                      |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter           | 6.00                      |
| 19135  | Candies, MARS SNACKFOOD US, MILKY WAY Bar   | 6.00                      |
| 19152  | Candies, ROLO Caramels in Milk Chocolate  | 6.00                      |
| 19240  | Frostings, chocolate, creamy, dry mix   | 6.00                      |
| 19345  | Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup                  | 6.00                      |
| 19896  | Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar | 6.00                      |
| 25016  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors        | 6.00                      |
| 28332  | Cookies, gluten-free, chocolate sandwich, with creme filling                        | 6.00                      |
| 42148  | Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies                   | 6.00                      |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                             | 5.00                      |
| 08635  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar                 | 5.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 08672  | Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS                     | 5.00                      |
| 14191  | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C       | 5.00                      |
| 14206  | Beverages, tea, green, ready-to-drink, sweetened                                    | 5.00                      |
| 14357  | Beverages, tea, instant, decaffeinated, lemon, sweetened                            | 5.00                      |
| 14475  | Beverages, ARIZONA, tea, ready-to-drink, lemon                                      | 5.00                      |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                            | 5.00                      |
| 18176  | Cookies, marshmallow, chocolate-coated (includes marshmallow pies)                  | 5.00                      |
| 19098  | Candies, 5TH AVENUE Candy Bar   | 5.00                      |
| 19241  | Frostings, chocolate, creamy, dry mix, prepared with butter                         | 5.00                      |
| 19372  | Frostings, chocolate, creamy, dry mix, prepared with margarine                      | 5.00                      |
| 19913  | Candies, NESTLE, BUTTERFINGER Crisp   | 5.00                      |
| 25052  | Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar                                  | 5.00                      |
| 28294  | Cookie, chocolate, with icing or coating  | 5.00                      |
| 28311  | Cookies, sugar wafer, chocolate-covered   | 5.00                      |
| 01238  | Ice cream sandwich  | 4.00                      |
| 08017  | Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP                                   | 4.00                      |
| 08204  | Cereals ready-to-eat, chocolate-flavored frosted puffed corn                        | 4.00                      |
| 08495  | Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES                                 | 4.00                      |
| 08513  | Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS                         | 4.00                      |
| 08584  | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight                        | 4.00                      |
| 14188  | Beverages, tea, green, ready to drink, ginseng and honey, sweetened                 | 4.00                      |
| 14190  | Beverages, tea, green, ready-to-drink, diet   | 4.00                      |
| 14279  | Beverages, tea, black, ready-to-drink, peach, diet                                  | 4.00                      |
| 18167  | Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated          | 4.00                      |
| 18199  | Cookies, chocolate sandwich, with creme filling, special dietary                    | 4.00                      |
| 19111  | Candies, NESTLE, BABY RUTH Bar  | 4.00                      |
| 19115  | Candies, MARS SNACKFOOD US, MARS Almond Bar   | 4.00                      |
| 19118  | Candies, NESTLE, OH HENRY! Bar  | 4.00                      |
| 19871  | Frozen novelties, No Sugar Added, FUDGSICLE pops                                    | 4.00                      |
| 28296  | Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber | 4.00                      |
| 28328  | Cookies, chocolate chip sandwich, with creme filling                                | 4.00                      |
| 43541  | Ice creams, chocolate, rich   | 4.00                      |
| 01205  | Cream substitute, flavored, liquid  | 3.00                      |
| 01206  | Cream substitute, flavored, powdered  | 3.00                      |
| 01237  | Ice cream, bar or stick, chocolate covered  | 3.00                      |
| 08177  | Cereals, MALT-O-MEAL, chocolate, dry  | 3.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS  | 3.00                      |
| 14137  | Beverages, NESTEA, tea, black, ready-to-drink, lemon  | 3.00                      |
| 14177  | Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk                                  | 3.00                      |
| 14318  | Beverages, Malted drink mix, chocolate, powder, prepared with whole milk                                    | 3.00                      |
| 14371  | Beverages, tea, instant, lemon, sweetened, prepared with water  | 3.00                      |
| 18174  | Cookies, graham crackers, chocolate-coated  | 3.00                      |
| 19270  | Ice creams, chocolate   | 3.00                      |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 3.00                      |
| 19409  | Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32                       | 3.00                      |
| 19899  | Ice creams, regular, low carbohydrate, chocolate  | 3.00                      |
| 25015  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush              | 3.00                      |
| 25032  | Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors   | 3.00                      |
| 25045  | Formulated bar, high fiber, chewy, oats and chocolate   | 3.00                      |
| 28299  | Cookies, chocolate sandwich, with creme filling, reduced fat  | 3.00                      |
| 42074  | Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated                | 3.00                      |
| 42131  | Milk dessert, frozen, milk-fat free, chocolate  | 3.00                      |
| 42139  | Granola bar, soft, milk chocolate coated, peanut butter   | 3.00                      |
| 42185  | Frozen yogurts, chocolate, nonfat milk, sweetened without sugar   | 3.00                      |
| 42186  | Frozen yogurts, chocolate   | 3.00                      |
| 42272  | Snacks, granola bar, with coconut, chocolate coated   | 3.00                      |
| 43506  | Frozen novelties, ice cream type, chocolate or caramel covered, with nuts                                   | 3.00                      |
| 01105  | Milk, chocolate beverage, hot cocoa, homemade   | 2.00                      |
| 01110  | Milk shakes, thick chocolate  | 2.00                      |
| 01187  | Yogurt, chocolate, nonfat milk  | 2.00                      |
| 01222  | Yogurt, chocolate, nonfat milk, fortified with vitamin D  | 2.00                      |
| 01236  | Ice cream, soft serve, chocolate  | 2.00                      |
| 01244  | Milk dessert bar, frozen, made from lowfat milk   | 2.00                      |
| 01250  | Nutritional supplement for people with diabetes, liquid   | 2.00                      |
| 08015  | Cereals ready-to-eat, POST, COCOA PEBBLES   | 2.00                      |
| 14182  | Beverages, chocolate syrup, prepared with whole milk  | 2.00                      |
| 14194  | Beverages, Cocoa mix, powder, prepared with water   | 2.00                      |
| 14211  | Beverages, tea, black, ready-to-drink, lemon, diet  | 2.00                      |
| 14316  | Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk              | 2.00                      |
| 14390  | Beverages, cocoa mix, with aspartame, powder, prepared with water   | 2.00                      |
| 14423  | Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice | 2.00                      |
| 14476  | Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon  | 2.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 14552  | Carbonated beverage, chocolate-flavored soda  | 2.00                      |
| 16166  | Soymilk, chocolate, unfortified   | 2.00                      |
| 16168  | Soymilk, chocolate, with added calcium, vitamins A and D  | 2.00                      |
| 16227  | Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D                         | 2.00                      |
| 16231  | Soymilk, chocolate, nonfat, with added calcium, vitamins A and D  | 2.00                      |
| 18151  | Cookies, brownies, commercially prepared  | 2.00                      |
| 18249  | Doughnuts, cake-type, plain, chocolate-coated or frosted  | 2.00                      |
| 19114  | Ice creams, chocolate, light  | 2.00                      |
| 19183  | Puddings, chocolate, ready-to-eat   | 2.00                      |
| 19185  | Puddings, chocolate, dry mix, instant, prepared with whole milk   | 2.00                      |
| 19189  | Puddings, chocolate, dry mix, regular, prepared with whole milk   | 2.00                      |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk  | 2.00                      |
| 19226  | Frostings, chocolate, creamy, ready-to-eat  | 2.00                      |
| 19235  | Puddings, chocolate, ready-to-eat, fat free   | 2.00                      |
| 28329  | Cookies, chocolate, made with rice cereal   | 2.00                      |
| 28350  | Cookies, chocolate cream covered biscuit sticks   | 2.00                      |
| 01102  | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D                             | 1.00                      |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D                       | 1.00                      |
| 01104  | Milk, chocolate, lowfat, with added vitamin A and vitamin D   | 1.00                      |
| 01202  | Milk, chocolate, fluid, commercial, reduced fat, with added calcium                                       | 1.00                      |
| 01241  | Ice cream sandwich, made with light ice cream, vanilla  | 1.00                      |
| 01242  | Ice cream sandwich, vanilla, light, no sugar added  | 1.00                      |
| 08270  | Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA  | 1.00                      |
| 08593  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate  | 1.00                      |
| 08594  | Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX   | 1.00                      |
| 14063  | Beverages, chocolate powder, no sugar added   | 1.00                      |
| 14164  | Beverages, chocolate malt powder, prepared with 1% milk, fortified  | 1.00                      |
| 14201  | Beverages, coffee, brewed, prepared with tap water, decaffeinated   | 1.00                      |
| 14202  | Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated                                   | 1.00                      |
| 14219  | Beverages, coffee, instant, decaffeinated, prepared with water  | 1.00                      |
| 14280  | Beverages, tea, black, ready to drink, decaffeinated, diet  | 1.00                      |
| 14281  | Beverages, tea, black, ready to drink, decaffeinated  | 1.00                      |
| 14352  | Beverages, tea, black, brewed, prepared with tap water, decaffeinated                                     | 1.00                      |
| 14558  | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk | 1.00                      |
| 18251  | Doughnuts, cake-type, chocolate, sugared or glazed  | 1.00                      |
| 18312  | Pie, chocolate mousse, prepared from mix, no-bake type  | 1.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 19069  | Candies, NESTLE, BUTTERFINGER Bar                                | 1.00                      |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk     | 1.00                      |
| 21033  | Fast foods, sundae, hot fudge                                    | 1.00                      |
| 21412  | Light Ice Cream, soft serve, blended with milk chocolate candies | 1.00                      |
| 21413  | Light Ice Cream, soft serve, blended with cookie pieces          | 1.00                      |
| 43369  | Beverages, Chocolate-flavored drink, whey and milk based         | 1.00                      |
| 01001  | Butter, salted   | 0.00                      |
| 01002  | Butter, whipped, with salt                                       | 0.00                      |
| 01003  | Butter oil, anhydrous  | 0.00                      |
| 01004  | Cheese, blue   | 0.00                      |
| 01005  | Cheese, brick  | 0.00                      |
| 01006  | Cheese, brie   | 0.00                      |
| 01007  | Cheese, camembert  | 0.00                      |
| 01009  | Cheese, cheddar  | 0.00                      |
| 01011  | Cheese, colby  | 0.00                      |
| 01012  | Cheese, cottage, creamed, large or small curd                    | 0.00                      |
| 01013  | Cheese, cottage, creamed, with fruit                             | 0.00                      |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd     | 0.00                      |
| 01015  | Cheese, cottage, lowfat, 2% milkfat                              | 0.00                      |
| 01016  | Cheese, cottage, lowfat, 1% milkfat                              | 0.00                      |
| 01017  | Cheese, cream  | 0.00                      |
| 01018  | Cheese, edam   | 0.00                      |
| 01019  | Cheese, feta   | 0.00                      |
| 01020  | Cheese, fontina  | 0.00                      |
| 01022  | Cheese, gouda  | 0.00                      |
| 01023  | Cheese, gruyere  | 0.00                      |
| 01024  | Cheese, limburger  | 0.00                      |
| 01025  | Cheese, monterey   | 0.00                      |
| 01026  | Cheese, mozzarella, whole milk                                   | 0.00                      |
| 01027  | Cheese, mozzarella, whole milk, low moisture                     | 0.00                      |
| 01028  | Cheese, mozzarella, part skim milk                               | 0.00                      |
| 01029  | Cheese, mozzarella, low moisture, part-skim                      | 0.00                      |
| 01030  | Cheese, muenster   | 0.00                      |
| 01032  | Cheese, parmesan, grated   | 0.00                      |
| 01033  | Cheese, parmesan, hard   | 0.00                      |
| 01034  | Cheese, port de salut  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 01035  | Cheese, provolone  | 0.00                      |
| 01036  | Cheese, ricotta, whole milk  | 0.00                      |
| 01037  | Cheese, ricotta, part skim milk  | 0.00                      |
| 01038  | Cheese, romano   | 0.00                      |
| 01040  | Cheese, swiss  | 0.00                      |
| 01042  | Cheese, pasteurized process, American, fortified with vitamin D                                | 0.00                      |
| 01043  | Cheese, pasteurized process, pimento   | 0.00                      |
| 01044  | Cheese, pasteurized process, swiss   | 0.00                      |
| 01046  | Cheese food, pasteurized process, American, vitamin D fortified                                | 0.00                      |
| 01048  | Cheese spread, pasteurized process, American   | 0.00                      |
| 01049  | Cream, fluid, half and half  | 0.00                      |
| 01050  | Cream, fluid, light (coffee cream or table cream)  | 0.00                      |
| 01052  | Cream, fluid, light whipping   | 0.00                      |
| 01053  | Cream, fluid, heavy whipping   | 0.00                      |
| 01054  | Cream, whipped, cream topping, pressurized   | 0.00                      |
| 01055  | Cream, sour, reduced fat, cultured   | 0.00                      |
| 01056  | Cream, sour, cultured  | 0.00                      |
| 01057  | Eggnog   | 0.00                      |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                                      | 0.00                      |
| 01060  | Milk, filled, fluid, with lauric acid oil  | 0.00                      |
| 01061  | Cheese, American, nonfat or fat free   | 0.00                      |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein                      | 0.00                      |
| 01069  | Cream substitute, powdered   | 0.00                      |
| 01070  | Dessert topping, powdered  | 0.00                      |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                | 0.00                      |
| 01072  | Dessert topping, pressurized   | 0.00                      |
| 01073  | Dessert topping, semi solid, frozen  | 0.00                      |
| 01074  | Sour cream, imitation, cultured  | 0.00                      |
| 01077  | Milk, whole, 3.25% milkfat, with added vitamin D   | 0.00                      |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D                       | 0.00                      |
| 01081  | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D    | 0.00                      |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D                            | 0.00                      |
| 01085  | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)                     | 0.00                      |
| 01086  | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim) | 0.00                      |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat  | 0.00                      |
| 01089  | Milk, low sodium, fluid  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 01090  | Milk, dry, whole, with added vitamin D                                     | 0.00                      |
| 01091  | Milk, dry, nonfat, regular, without added vitamin A and vitamin D          | 0.00                      |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A and vitamin D             | 0.00                      |
| 01094  | Milk, buttermilk, dried  | 0.00                      |
| 01095  | Milk, canned, condensed, sweetened   | 0.00                      |
| 01096  | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 0.00                      |
| 01097  | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D       | 0.00                      |
| 01106  | Milk, goat, fluid, with added vitamin D                                    | 0.00                      |
| 01107  | Milk, human, mature, fluid   | 0.00                      |
| 01111  | Milk shakes, thick vanilla   | 0.00                      |
| 01112  | Whey, acid, fluid  | 0.00                      |
| 01113  | Whey, acid, dried  | 0.00                      |
| 01114  | Whey, sweet, fluid   | 0.00                      |
| 01115  | Whey, sweet, dried   | 0.00                      |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce                     | 0.00                      |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce                       | 0.00                      |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                     | 0.00                      |
| 01119  | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce                     | 0.00                      |
| 01120  | Yogurt, fruit, low fat, 9 grams protein per 8 ounce                        | 0.00                      |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                       | 0.00                      |
| 01123  | Egg, whole, raw, fresh   | 0.00                      |
| 01124  | Egg, white, raw, fresh   | 0.00                      |
| 01125  | Egg, yolk, raw, fresh  | 0.00                      |
| 01126  | Egg, yolk, raw, frozen, pasteurized  | 0.00                      |
| 01127  | Egg, yolk, raw, frozen, sugared, pasteurized                               | 0.00                      |
| 01128  | Egg, whole, cooked, fried  | 0.00                      |
| 01129  | Egg, whole, cooked, hard-boiled  | 0.00                      |
| 01130  | Egg, whole, cooked, omelet   | 0.00                      |
| 01131  | Egg, whole, cooked, poached  | 0.00                      |
| 01132  | Egg, whole, cooked, scrambled  | 0.00                      |
| 01133  | Egg, whole, dried  | 0.00                      |
| 01135  | Egg, white, dried, flakes, stabilized, glucose reduced                     | 0.00                      |
| 01136  | Egg, white, dried, powder, stabilized, glucose reduced                     | 0.00                      |
| 01137  | Egg, yolk, dried   | 0.00                      |
| 01138  | Egg, duck, whole, fresh, raw   | 0.00                      |
| 01139  | Egg, goose, whole, fresh, raw  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 01140  | Egg, quail, whole, fresh, raw  | 0.00                      |
| 01144  | Egg substitute, powder   | 0.00                      |
| 01145  | Butter, without salt   | 0.00                      |
| 01146  | Cheese, parmesan, shredded   | 0.00                      |
| 01151  | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)      | 0.00                      |
| 01154  | Milk, dry, nonfat, regular, with added vitamin A and vitamin D                     | 0.00                      |
| 01155  | Milk, dry, nonfat, instant, without added vitamin A and vitamin D                  | 0.00                      |
| 01156  | Cheese, goat, hard type  | 0.00                      |
| 01157  | Cheese, goat, semisoft type  | 0.00                      |
| 01159  | Cheese, goat, soft type  | 0.00                      |
| 01160  | Egg, yolk, raw, frozen, salted, pasteurized  | 0.00                      |
| 01161  | Cheese substitute, mozzarella  | 0.00                      |
| 01164  | Cheese sauce, prepared from recipe   | 0.00                      |
| 01165  | Cheese, mexican, queso anejo   | 0.00                      |
| 01166  | Cheese, mexican, queso asadero   | 0.00                      |
| 01167  | Cheese, mexican, queso chihuahua   | 0.00                      |
| 01168  | Cheese, low fat, cheddar or colby  | 0.00                      |
| 01169  | Cheese, low-sodium, cheddar or colby   | 0.00                      |
| 01171  | Egg, whole, raw, frozen, pasteurized   | 0.00                      |
| 01172  | Egg, white, raw, frozen, pasteurized   | 0.00                      |
| 01173  | Egg, white, dried  | 0.00                      |
| 01174  | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D        | 0.00                      |
| 01175  | Milk, fluid, 1% fat, without added vitamin A and vitamin D                         | 0.00                      |
| 01178  | Sour cream, reduced fat  | 0.00                      |
| 01179  | Sour cream, light  | 0.00                      |
| 01180  | Sour cream, fat free   | 0.00                      |
| 01182  | USDA Commodity, cheese, cheddar, reduced fat                                       | 0.00                      |
| 01184  | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener | 0.00                      |
| 01185  | Parmesan cheese topping, fat free  | 0.00                      |
| 01186  | Cheese, cream, fat free  | 0.00                      |
| 01199  | Cream, half and half, fat free   | 0.00                      |
| 01200  | Reddi Wip Fat Free Whipped Topping   | 0.00                      |
| 01203  | Yogurt, fruit, lowfat, with low calorie sweetener                                  | 0.00                      |
| 01204  | Cheese, parmesan, dry grated, reduced fat  | 0.00                      |
| 01208  | Cheese, provolone, reduced fat   | 0.00                      |
| 01209  | Cheese, Mexican, blend, reduced fat  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 01211  | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D  | 0.00                      |
| 01212  | Milk, dry, whole, without added vitamin D  | 0.00                      |
| 01214  | Milk, canned, evaporated, without added vitamin A and vitamin D  | 0.00                      |
| 01215  | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D                         | 0.00                      |
| 01216  | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D                                | 0.00                      |
| 01217  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D                               | 0.00                      |
| 01218  | Yogurt, fruit variety, nonfat, fortified with vitamin D  | 0.00                      |
| 01219  | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D                                  | 0.00                      |
| 01220  | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D                             | 0.00                      |
| 01221  | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D | 0.00                      |
| 01223  | Protein supplement, milk based, Muscle Milk, powder  | 0.00                      |
| 01224  | Protein supplement, milk based, Muscle Milk Light, powder  | 0.00                      |
| 01225  | Dulce de Leche   | 0.00                      |
| 01226  | Egg substitute, liquid or frozen, fat free   | 0.00                      |
| 01228  | Cheese, fresh, queso fresco  | 0.00                      |
| 01230  | Milk, buttermilk, fluid, whole   | 0.00                      |
| 01231  | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener                                    | 0.00                      |
| 01235  | Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener                               | 0.00                      |
| 01243  | Fat free ice cream, no sugar added, flavors other than chocolate   | 0.00                      |
| 01251  | Cheese, Mexican blend  | 0.00                      |
| 01252  | Cheese product, pasteurized process, American, vitamin D fortified   | 0.00                      |
| 01253  | Cheese, pasteurized process, American, without added vitamin D   | 0.00                      |
| 01254  | Cheese food, pasteurized process, American, without added vitamin D  | 0.00                      |
| 01255  | Egg, whole, raw, frozen, salted, pasteurized   | 0.00                      |
| 01256  | Yogurt, Greek, plain, nonfat   | 0.00                      |
| 01258  | Egg, white, dried, stabilized, glucose reduced   | 0.00                      |
| 01259  | Cheese spread, American or Cheddar cheese base, reduced fat  | 0.00                      |
| 01260  | Cheese, cheddar, reduced fat   | 0.00                      |
| 01263  | Ice cream, light, soft serve, chocolate  | 0.00                      |
| 01264  | Ice cream bar, stick or nugget, with crunch coating  | 0.00                      |
| 01265  | Cheese, cheddar, nonfat or fat free  | 0.00                      |
| 01266  | Cheese, Swiss, nonfat or fat free  | 0.00                      |
| 01267  | Cheese, mexican, queso cotija  | 0.00                      |
| 01270  | Cheese, cheddar, sharp, sliced   | 0.00                      |
| 01271  | Cheese, mozzarella, low moisture, part-skim, shredded  | 0.00                      |
| 01284  | Yogurt, Greek, strawberry, lowfat  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 01285  | Yogurt, Greek, strawberry, nonfat                            | 0.00                      |
| 01286  | Yogurt, Greek, vanilla, nonfat                               | 0.00                      |
| 01287  | Yogurt, Greek, plain, lowfat                                 | 0.00                      |
| 01291  | Milk, evaporated, 2% fat, with added vitamin A and vitamin D | 0.00                      |
| 01295  | Yogurt, vanilla, non-fat                                     | 0.00                      |
| 02001  | Spices, allspice, ground                                     | 0.00                      |
| 02002  | Spices, anise seed   | 0.00                      |
| 02003  | Spices, basil, dried   | 0.00                      |
| 02005  | Spices, caraway seed   | 0.00                      |
| 02007  | Spices, celery seed  | 0.00                      |
| 02008  | Spices, chervil, dried                                       | 0.00                      |
| 02009  | Spices, chili powder   | 0.00                      |
| 02010  | Spices, cinnamon, ground                                     | 0.00                      |
| 02011  | Spices, cloves, ground                                       | 0.00                      |
| 02012  | Spices, coriander leaf, dried                                | 0.00                      |
| 02014  | Spices, cumin seed   | 0.00                      |
| 02015  | Spices, curry powder   | 0.00                      |
| 02016  | Spices, dill seed  | 0.00                      |
| 02020  | Spices, garlic powder  | 0.00                      |
| 02021  | Spices, ginger, ground                                       | 0.00                      |
| 02022  | Spices, mace, ground   | 0.00                      |
| 02023  | Spices, marjoram, dried                                      | 0.00                      |
| 02024  | Spices, mustard seed, ground                                 | 0.00                      |
| 02025  | Spices, nutmeg, ground                                       | 0.00                      |
| 02026  | Spices, onion powder   | 0.00                      |
| 02027  | Spices, oregano, dried                                       | 0.00                      |
| 02028  | Spices, paprika  | 0.00                      |
| 02029  | Spices, parsley, dried                                       | 0.00                      |
| 02030  | Spices, pepper, black  | 0.00                      |
| 02031  | Spices, pepper, red or cayenne                               | 0.00                      |
| 02033  | Spices, poppy seed   | 0.00                      |
| 02034  | Spices, poultry seasoning                                    | 0.00                      |
| 02035  | Spices, pumpkin pie spice                                    | 0.00                      |
| 02037  | Spices, saffron  | 0.00                      |
| 02038  | Spices, sage, ground   | 0.00                      |
| 02041  | Spices, tarragon, dried                                      | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 02042  | Spices, thyme, dried   | 0.00                      |
| 02043  | Spices, turmeric, ground                                       | 0.00                      |
| 02044  | Basil, fresh   | 0.00                      |
| 02046  | Mustard, prepared, yellow                                      | 0.00                      |
| 02047  | Salt, table  | 0.00                      |
| 02048  | Vinegar, cider   | 0.00                      |
| 02050  | Vanilla extract  | 0.00                      |
| 02052  | Vanilla extract, imitation, no alcohol                         | 0.00                      |
| 02053  | Vinegar, distilled   | 0.00                      |
| 02054  | Capers, canned   | 0.00                      |
| 02055  | Horseradish, prepared  | 0.00                      |
| 03001  | Babyfood, juice treats, fruit medley, toddler                  | 0.00                      |
| 03002  | Babyfood, meat, beef, strained                                 | 0.00                      |
| 03003  | Babyfood, meat, beef, junior                                   | 0.00                      |
| 03005  | Babyfood, meat, veal, strained                                 | 0.00                      |
| 03007  | Babyfood, meat, pork, strained                                 | 0.00                      |
| 03008  | Babyfood, meat, ham, strained                                  | 0.00                      |
| 03009  | Babyfood, meat, ham, junior                                    | 0.00                      |
| 03010  | Babyfood, meat, lamb, strained                                 | 0.00                      |
| 03011  | Babyfood, meat, lamb, junior                                   | 0.00                      |
| 03012  | Babyfood, meat, chicken, strained                              | 0.00                      |
| 03013  | Babyfood, meat, chicken, junior                                | 0.00                      |
| 03014  | Babyfood, meat, chicken sticks, junior                         | 0.00                      |
| 03015  | Babyfood, meat, turkey, strained                               | 0.00                      |
| 03016  | Babyfood, meat, turkey, junior                                 | 0.00                      |
| 03017  | Babyfood, meat, turkey sticks, junior                          | 0.00                      |
| 03019  | Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars | 0.00                      |
| 03021  | Babyfood, meat, meat sticks, junior                            | 0.00                      |
| 03024  | Babyfood, water, bottled, GERBER, without added fluoride.      | 0.00                      |
| 03044  | Babyfood, dinner, macaroni and tomato and beef, strained       | 0.00                      |
| 03045  | Babyfood, dinner, macaroni and tomato and beef, junior         | 0.00                      |
| 03046  | Babyfood, ravioli, cheese filled, with tomato sauce            | 0.00                      |
| 03047  | Babyfood, dinner, beef noodle, strained                        | 0.00                      |
| 03048  | Babyfood, macaroni and cheese, toddler                         | 0.00                      |
| 03050  | Babyfood, dinner, spaghetti and tomato and meat, junior        | 0.00                      |
| 03052  | Babyfood, dinner, beef stew, toddler                           | 0.00                      |

| NDB_No | Description                                       | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 03053  | Babyfood, dinner, vegetables and beef, strained   | 0.00                      |
| 03054  | Babyfood, dinner, vegetables and beef, junior     | 0.00                      |
| 03055  | Babyfood, dinner, beef with vegetables            | 0.00                      |
| 03059  | Babyfood, dinner, vegetables and bacon, strained  | 0.00                      |
| 03061  | Babyfood, dinner, vegetables and ham, strained    | 0.00                      |
| 03062  | Babyfood, dinner, vegetables and ham, junior      | 0.00                      |
| 03066  | Babyfood, dinner, vegetables and lamb, strained   | 0.00                      |
| 03068  | Babyfood, dinner, chicken noodle, strained        | 0.00                      |
| 03069  | Babyfood, dinner, chicken noodle, junior          | 0.00                      |
| 03070  | Babyfood, dinner, chicken soup, strained          | 0.00                      |
| 03072  | Babyfood, dinner, chicken stew, toddler           | 0.00                      |
| 03073  | Babyfood, dinner, vegetables chicken, strained    | 0.00                      |
| 03077  | Babyfood, dinner, pasta with vegetables           | 0.00                      |
| 03082  | Babyfood, dinner, turkey and rice, strained       | 0.00                      |
| 03083  | Babyfood, dinner, turkey and rice, junior         | 0.00                      |
| 03084  | Babyfood, dinner, vegetables and turkey, strained | 0.00                      |
| 03085  | Babyfood, dinner, vegetables and turkey, junior   | 0.00                      |
| 03089  | Babyfood, dinner, macaroni and cheese, strained   | 0.00                      |
| 03090  | Babyfood, dinner, macaroni and cheese, junior     | 0.00                      |
| 03091  | Babyfood, vegetables, green beans, strained       | 0.00                      |
| 03092  | Babyfood, vegetables, green beans, junior         | 0.00                      |
| 03093  | Babyfood, green beans, dices, toddler             | 0.00                      |
| 03096  | Babyfood, vegetable, green beans and potatoes     | 0.00                      |
| 03098  | Babyfood, vegetables, beets, strained             | 0.00                      |
| 03099  | Babyfood, vegetables, carrots, strained           | 0.00                      |
| 03100  | Babyfood, vegetables, carrots, junior             | 0.00                      |
| 03104  | Babyfood, vegetables, squash, strained            | 0.00                      |
| 03105  | Babyfood, vegetables, squash, junior              | 0.00                      |
| 03108  | Babyfood, vegetables, sweet potatoes strained     | 0.00                      |
| 03109  | Babyfood, vegetables, sweet potatoes, junior      | 0.00                      |
| 03112  | Babyfood, potatoes, toddler                       | 0.00                      |
| 03114  | Babyfood, vegetable, butternut squash and corn    | 0.00                      |
| 03115  | Babyfood, apples, dices, toddler                  | 0.00                      |
| 03116  | Babyfood, fruit, applesauce, strained             | 0.00                      |
| 03117  | Babyfood, fruit, applesauce, junior               | 0.00                      |
| 03118  | Babyfood, fruit, apricot with tapioca, strained   | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 03119  | Babyfood, vegetables, corn, creamed, strained                         | 0.00                      |
| 03120  | Babyfood, vegetables, corn, creamed, junior                           | 0.00                      |
| 03121  | Babyfood, vegetables, peas, strained                                  | 0.00                      |
| 03122  | Babyfood, peas, dices, toddler  | 0.00                      |
| 03127  | Babyfood, vegetables, spinach, creamed, strained                      | 0.00                      |
| 03128  | Babyfood, fruit, apricot with tapioca, junior                         | 0.00                      |
| 03129  | Babyfood, fruit, bananas with tapioca, strained                       | 0.00                      |
| 03130  | Babyfood, fruit, peaches, strained                                    | 0.00                      |
| 03131  | Babyfood, fruit, peaches, junior                                      | 0.00                      |
| 03132  | Babyfood, fruit, pears, strained                                      | 0.00                      |
| 03133  | Babyfood, fruit, pears, junior  | 0.00                      |
| 03134  | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained  | 0.00                      |
| 03135  | Babyfood, fruit, plums with tapioca, without ascorbic acid, junior    | 0.00                      |
| 03136  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained | 0.00                      |
| 03137  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior   | 0.00                      |
| 03139  | Babyfood, prunes, without vitamin c, strained                         | 0.00                      |
| 03140  | Babyfood, fruit dessert, mango with tapioca                           | 0.00                      |
| 03141  | Babyfood, pears, dices, toddler                                       | 0.00                      |
| 03142  | Babyfood, fruit, applesauce and apricots, strained                    | 0.00                      |
| 03143  | Babyfood, fruit, applesauce and apricots, junior                      | 0.00                      |
| 03144  | Babyfood, fruit, applesauce and cherries, strained                    | 0.00                      |
| 03145  | Babyfood, fruit, applesauce and cherries, junior                      | 0.00                      |
| 03147  | Babyfood, fruit, applesauce with banana, junior                       | 0.00                      |
| 03152  | Babyfood, fruit, apple and raspberry, strained                        | 0.00                      |
| 03153  | Babyfood, fruit, apple and raspberry, junior                          | 0.00                      |
| 03154  | Babyfood, fruit and vegetable, apple and sweet potato                 | 0.00                      |
| 03156  | Babyfood, fruit, bananas and pineapple with tapioca, junior           | 0.00                      |
| 03157  | Babyfood, fruit, bananas and pineapple with tapioca, strained         | 0.00                      |
| 03158  | Babyfood, fruit, pears and pineapple, strained                        | 0.00                      |
| 03159  | Babyfood, fruit, pears and pineapple, junior                          | 0.00                      |
| 03161  | Babyfood, peaches, dices, toddler                                     | 0.00                      |
| 03163  | Babyfood, fruit, bananas with apples and pears, strained              | 0.00                      |
| 03164  | Babyfood, fruit, apple and blueberry, strained                        | 0.00                      |
| 03165  | Babyfood, fruit, apple and blueberry, junior                          | 0.00                      |
| 03166  | Babyfood, juice, apple  | 0.00                      |
| 03167  | Babyfood, apple-banana juice  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 03168  | Babyfood, juice, apple and peach                                     | 0.00                      |
| 03169  | Babyfood, apple-cranberry juice                                      | 0.00                      |
| 03170  | Babyfood, juice, apple and plum                                      | 0.00                      |
| 03171  | Babyfood, juice, apple and prune                                     | 0.00                      |
| 03172  | Babyfood, juice, orange  | 0.00                      |
| 03174  | Babyfood, juice, orange and apple and banana                         | 0.00                      |
| 03179  | Babyfood, juice, mixed fruit   | 0.00                      |
| 03181  | Babyfood, cereal, barley, dry fortified                              | 0.00                      |
| 03184  | Babyfood, cereal, whole wheat, with apples, dry fortified            | 0.00                      |
| 03185  | Babyfood, cereal, mixed, dry fortified                               | 0.00                      |
| 03186  | Babyfood, cereal, mixed, with bananas, dry                           | 0.00                      |
| 03187  | Babyfood, cereal, mixed, with applesauce and bananas, strained       | 0.00                      |
| 03188  | Babyfood, cereal, mixed, with applesauce and bananas, junior         | 0.00                      |
| 03189  | Babyfood, cereal, oatmeal, dry fortified                             | 0.00                      |
| 03190  | Babyfood, cereal, oatmeal, with bananas, dry                         | 0.00                      |
| 03191  | Babyfood, cereal, oatmeal, with applesauce and bananas, strained     | 0.00                      |
| 03192  | Babyfood, cereal, oatmeal, with applesauce and bananas, junior       | 0.00                      |
| 03194  | Babyfood, cereal, rice, dry fortified                                | 0.00                      |
| 03195  | Babyfood, cereal, rice, with applesauce and bananas, strained        | 0.00                      |
| 03205  | Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified | 0.00                      |
| 03206  | Babyfood, cookie, baby, fruit  | 0.00                      |
| 03209  | Babyfood, crackers, vegetable  | 0.00                      |
| 03212  | Babyfood, cereal, rice, with bananas, dry                            | 0.00                      |
| 03213  | Babyfood, cookies  | 0.00                      |
| 03215  | Babyfood, pretzels   | 0.00                      |
| 03216  | Babyfood, teething biscuits  | 0.00                      |
| 03217  | Zwieback   | 0.00                      |
| 03220  | Babyfood, dessert, dutch apple, strained                             | 0.00                      |
| 03221  | Babyfood, dessert, dutch apple, junior                               | 0.00                      |
| 03222  | Babyfood, cherry cobbler, junior                                     | 0.00                      |
| 03224  | Babyfood, dessert, cherry vanilla pudding, strained                  | 0.00                      |
| 03225  | Babyfood, dessert, cherry vanilla pudding, junior                    | 0.00                      |
| 03227  | Babyfood, dessert, peach cobbler, strained                           | 0.00                      |
| 03228  | Babyfood, dessert, peach cobbler, junior                             | 0.00                      |
| 03233  | Babyfood, dessert, fruit pudding, pineapple, strained                | 0.00                      |
| 03235  | Babyfood, dessert, fruit dessert, without ascorbic acid, strained    | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 03236  | Babyfood, dessert, fruit dessert, without ascorbic acid, junior                              | 0.00                      |
| 03245  | Babyfood, dessert, custard pudding, vanilla, strained  | 0.00                      |
| 03246  | Babyfood, dessert, custard pudding, vanilla, junior  | 0.00                      |
| 03265  | Babyfood, juice, apple and grape   | 0.00                      |
| 03267  | Babyfood, juice, fruit punch, with calcium   | 0.00                      |
| 03268  | Babyfood, juice, apple and cherry  | 0.00                      |
| 03269  | Babyfood, juice, apple, with calcium   | 0.00                      |
| 03274  | Babyfood, dinner, vegetables and chicken, junior   | 0.00                      |
| 03279  | Babyfood, dinner, mixed vegetable, junior  | 0.00                      |
| 03280  | Babyfood, fruit, bananas with tapioca, junior  | 0.00                      |
| 03282  | Babyfood, vegetables, mix vegetables junior  | 0.00                      |
| 03283  | Babyfood, vegetables, garden vegetable, strained   | 0.00                      |
| 03286  | Babyfood, vegetables, mix vegetables strained  | 0.00                      |
| 03287  | Babyfood, dinner, beef noodle, junior  | 0.00                      |
| 03289  | Babyfood, apples with ham, strained  | 0.00                      |
| 03290  | Babyfood, carrots and beef, strained   | 0.00                      |
| 03293  | Babyfood, plums, bananas and rice, strained  | 0.00                      |
| 03296  | Babyfood, dinner, turkey, rice, and vegetables, toddler                                      | 0.00                      |
| 03297  | Babyfood, dinner, apples and chicken, strained   | 0.00                      |
| 03298  | Babyfood, dinner, broccoli and chicken, junior   | 0.00                      |
| 03301  | Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS  | 0.00                      |
| 03302  | Babyfood, snack, GERBER GRADUATE YOGURT MELTS  | 0.00                      |
| 03303  | Babyfood, dinner, sweet potatoes and chicken, strained                                       | 0.00                      |
| 03304  | Babyfood, dinner, potatoes with cheese and ham, toddler                                      | 0.00                      |
| 03681  | Babyfood, cereal, barley, prepared with whole milk   | 0.00                      |
| 03685  | Babyfood, cereal, mixed, prepared with whole milk  | 0.00                      |
| 03686  | Babyfood, cereal, mixed, with bananas, prepared with whole milk                              | 0.00                      |
| 03690  | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk                            | 0.00                      |
| 03694  | Babyfood, cereal, rice, prepared with whole milk   | 0.00                      |
| 03712  | Babyfood, cereal, rice, with bananas, prepared with whole milk                               | 0.00                      |
| 03800  | Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed                         | 0.00                      |
| 03801  | Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted | 0.00                      |
| 03802  | Infant formula, NESTLE, GOOD START SUPREME, with iron, powder                                | 0.00                      |
| 03803  | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed                              | 0.00                      |
| 03805  | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder                                     | 0.00                      |
| 03806  | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed                               | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 03808  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA   | 0.00                      |
| 03809  | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted  | 0.00                      |
| 03812  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA                               | 0.00                      |
| 03813  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed   | 0.00                      |
| 03814  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted                                     | 0.00                      |
| 03815  | Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA                                     | 0.00                      |
| 03816  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted                         | 0.00                      |
| 03818  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA                                | 0.00                      |
| 03819  | Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted   | 0.00                      |
| 03820  | Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder  | 0.00                      |
| 03821  | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted   | 0.00                      |
| 03822  | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder  | 0.00                      |
| 03823  | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed  | 0.00                      |
| 03824  | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted                                    | 0.00                      |
| 03825  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA                                     | 0.00                      |
| 03826  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted                                       | 0.00                      |
| 03827  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA                                 | 0.00                      |
| 03830  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA | 0.00                      |
| 03832  | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA   | 0.00                      |
| 03837  | Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted   | 0.00                      |
| 03838  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA             | 0.00                      |
| 03839  | Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA                           | 0.00                      |
| 03840  | Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA             | 0.00                      |
| 03841  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed   | 0.00                      |
| 03842  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate  | 0.00                      |
| 03843  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted                                     | 0.00                      |
| 03844  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA | 0.00                      |
| 03845  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA                        | 0.00                      |
| 03846  | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed  | 0.00                      |
| 03849  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA                                  | 0.00                      |
| 03850  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed   | 0.00                      |
| 03851  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted                                 | 0.00                      |
| 03852  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA               | 0.00                      |
| 03853  | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted   | 0.00                      |
| 03854  | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA             | 0.00                      |
| 03855  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 03856  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted                 | 0.00                      |
| 03857  | Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA                   | 0.00                      |
| 03858  | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted                             | 0.00                      |
| 03859  | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed                                    | 0.00                      |
| 03860  | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed  | 0.00                      |
| 03861  | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA                          | 0.00                      |
| 03864  | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA                  | 0.00                      |
| 03867  | Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder   | 0.00                      |
| 03868  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed  | 0.00                      |
| 03869  | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted                     | 0.00                      |
| 03870  | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber                             | 0.00                      |
| 03900  | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed                                  | 0.00                      |
| 03901  | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted          | 0.00                      |
| 03913  | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder   | 0.00                      |
| 03925  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed                                | 0.00                      |
| 03926  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted        | 0.00                      |
| 03928  | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder                                       | 0.00                      |
| 03929  | Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted                                | 0.00                      |
| 03930  | Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder                                      | 0.00                      |
| 03934  | Babyfood, corn and sweet potatoes, strained  | 0.00                      |
| 03935  | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA             | 0.00                      |
| 03936  | Infant formula, PBM PRODUCTS, store brand, ready-to-feed   | 0.00                      |
| 03937  | Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted                           | 0.00                      |
| 03938  | Infant formula, PBM PRODUCTS, store brand, powder  | 0.00                      |
| 03939  | Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed  | 0.00                      |
| 03940  | Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted                      | 0.00                      |
| 03941  | Infant formula, PBM PRODUCTS, store brand, soy, powder   | 0.00                      |
| 03942  | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA                           | 0.00                      |
| 03943  | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA                                  | 0.00                      |
| 03944  | Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA                         | 0.00                      |
| 03945  | Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA                               | 0.00                      |
| 03946  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA        | 0.00                      |
| 03947  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA | 0.00                      |
| 03948  | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA             | 0.00                      |
| 03949  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed                               | 0.00                      |
| 03950  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted                   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 03951  | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted        | 0.00                      |
| 03952  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate                    | 0.00                      |
| 03953  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed                         | 0.00                      |
| 03954  | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted             | 0.00                      |
| 03955  | Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA                      | 0.00                      |
| 03956  | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified                         | 0.00                      |
| 03957  | Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA | 0.00                      |
| 03959  | Babyfood, mashed cheddar potatoes and broccoli, toddlers  | 0.00                      |
| 03960  | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed                           | 0.00                      |
| 03961  | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate        | 0.00                      |
| 03963  | Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder                      | 0.00                      |
| 03964  | Babyfood, fortified cereal bar, fruit filling   | 0.00                      |
| 03965  | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified                        | 0.00                      |
| 03966  | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate                                | 0.00                      |
| 03967  | Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder               | 0.00                      |
| 03968  | Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed         | 0.00                      |
| 03980  | Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder  | 0.00                      |
| 03981  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed                          | 0.00                      |
| 03982  | Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed                                 | 0.00                      |
| 03983  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed   | 0.00                      |
| 03984  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed                                 | 0.00                      |
| 03985  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed                                     | 0.00                      |
| 03986  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed                                      | 0.00                      |
| 03987  | Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed  | 0.00                      |
| 03988  | Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed   | 0.00                      |
| 03989  | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed   | 0.00                      |
| 03990  | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed   | 0.00                      |
| 03991  | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA                     | 0.00                      |
| 03992  | Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA          | 0.00                      |
| 03993  | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA                     | 0.00                      |
| 03994  | Babyfood, fruit, banana and strawberry, junior  | 0.00                      |
| 03995  | Babyfood, banana with mixed berries, strained   | 0.00                      |
| 03997  | Babyfood, Baby MUM MUM Rice Biscuits  | 0.00                      |
| 03998  | Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack                             | 0.00                      |
| 03999  | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA                            | 0.00                      |
| 04001  | Fat, beef tallow  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 04002  | Lard  | 0.00                      |
| 04013  | Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing                                     | 0.00                      |
| 04015  | Salad dressing, russian dressing  | 0.00                      |
| 04016  | Salad dressing, sesame seed dressing, regular   | 0.00                      |
| 04017  | Salad dressing, thousand island, commercial, regular  | 0.00                      |
| 04018  | Salad dressing, mayonnaise type, regular, with salt   | 0.00                      |
| 04020  | Salad dressing, french dressing, reduced fat  | 0.00                      |
| 04021  | Salad dressing, italian dressing, commercial, reduced fat                                   | 0.00                      |
| 04022  | Salad dressing, russian dressing, low calorie   | 0.00                      |
| 04023  | Salad dressing, thousand island dressing, reduced fat                                       | 0.00                      |
| 04025  | Salad dressing, mayonnaise, regular   | 0.00                      |
| 04026  | Salad dressing, mayonnaise, soybean and safflower oil, with salt                            | 0.00                      |
| 04027  | Salad dressing, mayonnaise, imitation, soybean  | 0.00                      |
| 04028  | Salad dressing, mayonnaise, imitation, milk cream   | 0.00                      |
| 04029  | Salad dressing, mayonnaise, imitation, soybean without cholesterol                          | 0.00                      |
| 04030  | Sandwich spread, with chopped pickle, regular, unspecified oils                             | 0.00                      |
| 04031  | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) | 0.00                      |
| 04034  | Oil, soybean, salad or cooking, (partially hydrogenated)                                    | 0.00                      |
| 04037  | Oil, rice bran  | 0.00                      |
| 04038  | Oil, wheat germ   | 0.00                      |
| 04042  | Oil, peanut, salad or cooking   | 0.00                      |
| 04044  | Oil, soybean, salad or cooking  | 0.00                      |
| 04047  | Oil, coconut  | 0.00                      |
| 04053  | Oil, olive, salad or cooking  | 0.00                      |
| 04055  | Oil, palm   | 0.00                      |
| 04058  | Oil, sesame, salad or cooking   | 0.00                      |
| 04060  | Oil, sunflower, linoleic (less than 60%)  | 0.00                      |
| 04114  | Salad dressing, italian dressing, commercial, regular                                       | 0.00                      |
| 04120  | Salad dressing, french dressing, commercial, regular  | 0.00                      |
| 04128  | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt    | 0.00                      |
| 04135  | Salad dressing, home recipe, vinegar and oil  | 0.00                      |
| 04141  | Salad dressing, french dressing, commercial, regular, without salt                          | 0.00                      |
| 04142  | Salad dressing, french dressing, reduced fat, without salt                                  | 0.00                      |
| 04143  | Salad dressing, italian dressing, commercial, regular, without salt                         | 0.00                      |
| 04144  | Salad dressing, italian dressing, reduced fat, without salt                                 | 0.00                      |
| 04367  | Salad dressing, french dressing, fat-free   | 0.00                      |

| <b>NDB_No</b> | <b>Description</b>   | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|--|-----------------------------------|
| 04501         | Oil, cocoa butter  | 0.00                              |
| 04502         | Oil, cottonseed, salad or cooking  | 0.00                              |
| 04506         | Oil, sunflower, linoleic, (approx. 65%)  | 0.00                              |
| 04510         | Oil, safflower, salad or cooking, linoleic, (over 70%)                             | 0.00                              |
| 04511         | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)   | 0.00                              |
| 04513         | Vegetable oil, palm kernel   | 0.00                              |
| 04514         | Oil, poppyseed   | 0.00                              |
| 04515         | Oil, tomatoseed  | 0.00                              |
| 04516         | Oil, teaseed   | 0.00                              |
| 04517         | Oil, grapeseed   | 0.00                              |
| 04518         | Oil, corn, industrial and retail, all purpose salad or cooking                     | 0.00                              |
| 04520         | Fat, mutton tallow   | 0.00                              |
| 04528         | Oil, walnut  | 0.00                              |
| 04529         | Oil, almond  | 0.00                              |
| 04530         | Oil, apricot kernel  | 0.00                              |
| 04531         | Oil, soybean lecithin  | 0.00                              |
| 04532         | Oil, hazelnut  | 0.00                              |
| 04534         | Oil, babassu   | 0.00                              |
| 04536         | Oil, sheanut   | 0.00                              |
| 04539         | Salad dressing, blue or roquefort cheese dressing, commercial, regular             | 0.00                              |
| 04541         | Oil, cupu assu   | 0.00                              |
| 04542         | Fat, chicken   | 0.00                              |
| 04543         | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed            | 0.00                              |
| 04544         | Shortening, household, lard and vegetable oil                                      | 0.00                              |
| 04545         | Oil, sunflower, linoleic, (partially hydrogenated)                                 | 0.00                              |
| 04548         | Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)          | 0.00                              |
| 04551         | Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) | 0.00                              |
| 04554         | Shortening industrial, soybean (hydrogenated) and cottonseed                       | 0.00                              |
| 04560         | Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)    | 0.00                              |
| 04572         | Oil, nutmeg butter   | 0.00                              |
| 04573         | Oil, ucuhuba butter  | 0.00                              |
| 04574         | Fat, duck  | 0.00                              |
| 04575         | Fat, turkey  | 0.00                              |
| 04582         | Oil, canola  | 0.00                              |
| 04584         | Oil, sunflower, high oleic (70% and over)  | 0.00                              |
| 04585         | Margarine-like, margarine-butter blend, soybean oil and butter                     | 0.00                              |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 04586  | Shortening, special purpose for cakes and frostings, soybean (hydrogenated)                    | 0.00                      |
| 04587  | Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed             | 0.00                      |
| 04588  | Oil, oat   | 0.00                      |
| 04600  | Margarine-like, vegetable oil-butter spread, tub, with salt                                    | 0.00                      |
| 04601  | Butter, light, stick, with salt  | 0.00                      |
| 04602  | Butter, light, stick, without salt   | 0.00                      |
| 04606  | Meat drippings (lard, beef tallow, mutton tallow)  | 0.00                      |
| 04609  | Animal fat, bacon grease   | 0.00                      |
| 04610  | Margarine, regular, 80% fat, composite, stick, with salt                                       | 0.00                      |
| 04611  | Margarine, regular, 80% fat, composite, tub, with salt   | 0.00                      |
| 04612  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt                                | 0.00                      |
| 04613  | Margarine-like, vegetable oil spread, 60% fat, tub, with salt                                  | 0.00                      |
| 04614  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt                     | 0.00                      |
| 04615  | Shortening, vegetable, household, composite  | 0.00                      |
| 04617  | Margarine, regular, 80% fat, composite, stick, without salt                                    | 0.00                      |
| 04618  | Margarine, regular, 80% fat, composite, tub, without salt                                      | 0.00                      |
| 04620  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt                  | 0.00                      |
| 04624  | Margarine-like, vegetable oil spread, fat free, liquid, with salt                              | 0.00                      |
| 04626  | Margarine-like spread with yogurt, 70% fat, stick, with salt                                   | 0.00                      |
| 04627  | Margarine-like spread with yogurt, approximately 40% fat, tub, with salt                       | 0.00                      |
| 04631  | Margarine-like, vegetable oil spread, fat-free, tub  | 0.00                      |
| 04633  | Margarine-like, vegetable oil spread, 20% fat, with salt                                       | 0.00                      |
| 04634  | Margarine-like, vegetable oil spread, 20% fat, without salt                                    | 0.00                      |
| 04635  | Salad dressing, thousand island dressing, fat-free   | 0.00                      |
| 04636  | Salad dressing, italian dressing, fat-free   | 0.00                      |
| 04638  | Salad dressing, ranch dressing, fat-free   | 0.00                      |
| 04639  | Salad dressing, ranch dressing, regular  | 0.00                      |
| 04640  | Salad dressing, ranch dressing, reduced fat  | 0.00                      |
| 04641  | Salad dressing, mayonnaise, light  | 0.00                      |
| 04642  | Oil, industrial, mid-oleic, sunflower  | 0.00                      |
| 04643  | Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying   | 0.00                      |
| 04644  | Oil, industrial, canola for salads, woks and light frying                                      | 0.00                      |
| 04645  | Oil, industrial, canola (partially hydrogenated) oil for deep fat frying                       | 0.00                      |
| 04646  | Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts             | 0.00                      |
| 04648  | Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables | 0.00                      |
| 04649  | Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening           | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 04650  | Oil, industrial, soy, refined, for woks and light frying   | 0.00                      |
| 04651  | Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor                                    | 0.00                      |
| 04652  | Oil, industrial, soy ( partially hydrogenated), all purpose  | 0.00                      |
| 04653  | Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry                                | 0.00                      |
| 04654  | Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening                   | 0.00                      |
| 04655  | Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries | 0.00                      |
| 04656  | Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter                                | 0.00                      |
| 04657  | Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter                     | 0.00                      |
| 04658  | Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product                                | 0.00                      |
| 04659  | Oil, industrial, coconut, confection fat, typical basis for ice cream coatings   | 0.00                      |
| 04660  | Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy                                     | 0.00                      |
| 04661  | Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners                                | 0.00                      |
| 04662  | Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)  | 0.00                      |
| 04663  | Oil, industrial, palm kernel (hydrogenated), filling fat   | 0.00                      |
| 04664  | Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings                               | 0.00                      |
| 04665  | Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries                    | 0.00                      |
| 04666  | Shortening, industrial, soy (partially hydrogenated ) and corn for frying  | 0.00                      |
| 04667  | Shortening, industrial, soy (partially hydrogenated ) for baking and confections                                       | 0.00                      |
| 04669  | USDA Commodity Food, oil, vegetable, soybean, refined  | 0.00                      |
| 04670  | USDA Commodity Food, oil, vegetable, low saturated fat   | 0.00                      |
| 04679  | Oil, PAM cooking spray, original   | 0.00                      |
| 04686  | Salad dressing, honey mustard dressing, reduced calorie  | 0.00                      |
| 04690  | Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D         | 0.00                      |
| 04691  | Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D   | 0.00                      |
| 04692  | Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D   | 0.00                      |
| 04693  | Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D                                  | 0.00                      |
| 04694  | Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D                                    | 0.00                      |
| 04695  | Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D                                   | 0.00                      |
| 04696  | Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D                                      | 0.00                      |
| 04697  | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D                    | 0.00                      |
| 04698  | Oil, industrial, canola, high oleic  | 0.00                      |
| 04699  | Oil, industrial, soy, low linolenic  | 0.00                      |
| 04700  | Oil, industrial, soy, ultra low linolenic  | 0.00                      |
| 04701  | Oil, industrial, soy, fully hydrogenated   | 0.00                      |
| 04702  | Oil, industrial, cottonseed, fully hydrogenated  | 0.00                      |
| 04703  | Salad dressing, honey mustard, regular   | 0.00                      |

| <b>NDB_No</b> | <b>Description</b>   | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|--|-----------------------------------|
| 04704         | Salad dressing, poppyseed, creamy  | 0.00                              |
| 04705         | Salad dressing, caesar, fat-free   | 0.00                              |
| 04706         | Dressing, honey mustard, fat-free  | 0.00                              |
| 04708         | Mayonnaise, reduced fat, with olive oil                                      | 0.00                              |
| 05000         | Chicken, broiler, rotisserie, BBQ, breast meat only                          | 0.00                              |
| 05004         | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted     | 0.00                              |
| 05006         | Chicken, broilers or fryers, meat and skin, raw                              | 0.00                              |
| 05007         | Chicken, broilers or fryers, meat and skin, cooked, fried, batter            | 0.00                              |
| 05008         | Chicken, broilers or fryers, meat and skin, cooked, fried, flour             | 0.00                              |
| 05009         | Chicken, broilers or fryers, meat and skin, cooked, roasted                  | 0.00                              |
| 05010         | Chicken, broilers or fryers, meat and skin, cooked, stewed                   | 0.00                              |
| 05011         | Chicken, broilers or fryers, meat only, raw                                  | 0.00                              |
| 05012         | Chicken, broilers or fryers, meat only, cooked, fried                        | 0.00                              |
| 05013         | Chicken, broilers or fryers, meat only, roasted                              | 0.00                              |
| 05014         | Chicken, broilers or fryers, meat only, stewed                               | 0.00                              |
| 05015         | Chicken, broilers or fryers, skin only, raw                                  | 0.00                              |
| 05018         | Chicken, broilers or fryers, skin only, cooked, roasted                      | 0.00                              |
| 05022         | Chicken, broilers or fryers, giblets, cooked, simmered                       | 0.00                              |
| 05023         | Chicken, gizzard, all classes, raw   | 0.00                              |
| 05024         | Chicken, gizzard, all classes, cooked, simmered                              | 0.00                              |
| 05027         | Chicken, liver, all classes, raw   | 0.00                              |
| 05028         | Chicken, liver, all classes, cooked, simmered                                | 0.00                              |
| 05029         | Chicken, broilers or fryers, light meat, meat and skin, raw                  | 0.00                              |
| 05031         | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour | 0.00                              |
| 05034         | Chicken, broilers or fryers, dark meat, meat and skin, raw                   | 0.00                              |
| 05036         | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour  | 0.00                              |
| 05039         | Chicken, broilers or fryers, light meat, meat only, raw                      | 0.00                              |
| 05041         | Chicken, broilers or fryers, light meat, meat only, cooked, roasted          | 0.00                              |
| 05042         | Chicken, broilers or fryers, light meat, meat only, cooked, stewed           | 0.00                              |
| 05043         | Chicken, broilers or fryers, dark meat, meat only, raw                       | 0.00                              |
| 05045         | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted           | 0.00                              |
| 05046         | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed            | 0.00                              |
| 05047         | Chicken, broilers or fryers, separable fat, raw                              | 0.00                              |
| 05048         | Chicken, broilers or fryers, back, meat and skin, raw                        | 0.00                              |
| 05051         | Chicken, broilers or fryers, back, meat and skin, cooked, roasted            | 0.00                              |
| 05052         | Chicken, broilers or fryers, back, meat and skin, cooked, stewed             | 0.00                              |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 05053  | Chicken, broilers or fryers, back, meat only, raw                             | 0.00                      |
| 05055  | Chicken, broilers or fryers, back, meat only, cooked, roasted                 | 0.00                      |
| 05056  | Chicken, broilers or fryers, back, meat only, cooked, stewed                  | 0.00                      |
| 05057  | Chicken, broilers or fryers, breast, meat and skin, raw                       | 0.00                      |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter     | 0.00                      |
| 05060  | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted           | 0.00                      |
| 05061  | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed            | 0.00                      |
| 05062  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw        | 0.00                      |
| 05063  | Chicken, broilers or fryers, breast, meat only, cooked, fried                 | 0.00                      |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted               | 0.00                      |
| 05065  | Chicken, broilers or fryers, breast, meat only, cooked, stewed                | 0.00                      |
| 05066  | Chicken, broilers or fryers, drumstick, meat and skin, raw                    | 0.00                      |
| 05069  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted        | 0.00                      |
| 05070  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed         | 0.00                      |
| 05071  | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw             | 0.00                      |
| 05073  | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted | 0.00                      |
| 05074  | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed             | 0.00                      |
| 05075  | Chicken, broilers or fryers, leg, meat and skin, raw                          | 0.00                      |
| 05078  | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted              | 0.00                      |
| 05079  | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed               | 0.00                      |
| 05080  | Chicken, broilers or fryers, leg, meat only, raw                              | 0.00                      |
| 05082  | Chicken, broilers or fryers, leg, meat only, cooked, roasted                  | 0.00                      |
| 05083  | Chicken, broilers or fryers, leg, meat only, cooked, stewed                   | 0.00                      |
| 05087  | Chicken, broilers or fryers, neck, meat and skin, cooked simmered             | 0.00                      |
| 05091  | Chicken, broilers or fryers, thigh, meat and skin, raw                        | 0.00                      |
| 05094  | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted            | 0.00                      |
| 05095  | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed             | 0.00                      |
| 05096  | Chicken, broilers or fryers, dark meat, thigh, meat only, raw                 | 0.00                      |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                | 0.00                      |
| 05099  | Chicken, broilers or fryers, thigh, meat only, cooked, stewed                 | 0.00                      |
| 05100  | Chicken, broilers or fryers, wing, meat and skin, raw                         | 0.00                      |
| 05103  | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted             | 0.00                      |
| 05104  | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed              | 0.00                      |
| 05105  | Chicken, broilers or fryers, wing, meat only, raw                             | 0.00                      |
| 05107  | Chicken, broilers or fryers, wing, meat only, cooked, roasted                 | 0.00                      |
| 05108  | Chicken, broilers or fryers, wing, meat only, cooked, stewed                  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 05111  | Canada Goose, breast meat, skinless, raw                              | 0.00                      |
| 05113  | Chicken, roasting, meat only, raw                                     | 0.00                      |
| 05117  | Chicken, roasting, light meat, meat only, raw                         | 0.00                      |
| 05118  | Chicken, roasting, light meat, meat only, cooked, roasted             | 0.00                      |
| 05119  | Chicken, roasting, dark meat, meat only, raw                          | 0.00                      |
| 05122  | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 0.00                      |
| 05123  | Chicken, stewing, meat and skin, raw                                  | 0.00                      |
| 05125  | Chicken, stewing, meat only, raw                                      | 0.00                      |
| 05126  | Chicken, stewing, meat only, cooked, stewed                           | 0.00                      |
| 05129  | Chicken, stewing, light meat, meat only, raw                          | 0.00                      |
| 05131  | Chicken, stewing, dark meat, meat only, raw                           | 0.00                      |
| 05135  | Chicken, capons, meat and skin, raw                                   | 0.00                      |
| 05139  | Duck, domesticated, meat and skin, raw                                | 0.00                      |
| 05140  | Duck, domesticated, meat and skin, cooked, roasted                    | 0.00                      |
| 05141  | Duck, domesticated, meat only, raw                                    | 0.00                      |
| 05142  | Duck, domesticated, meat only, cooked, roasted                        | 0.00                      |
| 05147  | Goose, domesticated, meat and skin, cooked, roasted                   | 0.00                      |
| 05165  | Turkey, whole, meat and skin, raw                                     | 0.00                      |
| 05166  | Turkey, whole, meat and skin, cooked, roasted                         | 0.00                      |
| 05167  | Turkey, whole, meat only, raw   | 0.00                      |
| 05168  | Turkey, whole, meat only, cooked, roasted                             | 0.00                      |
| 05169  | Turkey, skin from whole, (light and dark), raw                        | 0.00                      |
| 05170  | Turkey, skin from whole (light and dark), roasted                     | 0.00                      |
| 05171  | Turkey, whole, giblets, raw   | 0.00                      |
| 05172  | Turkey, whole, giblets, cooked, simmered                              | 0.00                      |
| 05173  | Turkey, gizzard, all classes, raw                                     | 0.00                      |
| 05174  | Turkey, gizzard, all classes, cooked, simmered                        | 0.00                      |
| 05175  | Turkey, heart, all classes, raw                                       | 0.00                      |
| 05176  | Turkey, heart, all classes, cooked, simmered                          | 0.00                      |
| 05177  | Turkey, liver, all classes, raw                                       | 0.00                      |
| 05178  | Turkey, liver, all classes, cooked, simmered                          | 0.00                      |
| 05179  | Turkey from whole, neck, meat only, raw                               | 0.00                      |
| 05180  | Turkey from whole, neck, meat only, cooked, simmered                  | 0.00                      |
| 05181  | Turkey from whole, light meat, meat and skin, raw                     | 0.00                      |
| 05182  | Turkey from whole, light meat, meat and skin, cooked, roasted         | 0.00                      |
| 05183  | Turkey, dark meat, meat and skin, raw                                 | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 05184  | Turkey, dark meat from whole, meat and skin, cooked, roasted                                 | 0.00                      |
| 05185  | Turkey from whole, light meat, raw   | 0.00                      |
| 05186  | Turkey, all classes, light meat, cooked, roasted   | 0.00                      |
| 05187  | Turkey from whole, dark meat, meat only, raw   | 0.00                      |
| 05188  | Turkey, from whole, dark meat, cooked, roasted   | 0.00                      |
| 05190  | Turkey, all classes, back, meat and skin, cooked, roasted                                    | 0.00                      |
| 05194  | Turkey, all classes, leg, meat and skin, cooked, roasted                                     | 0.00                      |
| 05196  | Turkey, all classes, wing, meat and skin, cooked, roasted                                    | 0.00                      |
| 05200  | Turkey, fryer-roasters, meat and skin, cooked, roasted                                       | 0.00                      |
| 05215  | Turkey, back from whole bird, meat only, raw   | 0.00                      |
| 05216  | Turkey, back, from whole bird, meat only, roasted  | 0.00                      |
| 05219  | Turkey, breast, from whole bird, meat only, raw  | 0.00                      |
| 05220  | Turkey, breast, from whole bird, meat only, roasted  | 0.00                      |
| 05227  | Turkey, wing, from whole bird, meat only, raw  | 0.00                      |
| 05228  | Turkey, wing, from whole bird, meat only, roasted  | 0.00                      |
| 05277  | Chicken, canned, meat only, with broth   | 0.00                      |
| 05284  | Turkey, canned, meat only, with broth  | 0.00                      |
| 05305  | Ground turkey, raw   | 0.00                      |
| 05306  | Ground turkey, cooked  | 0.00                      |
| 05307  | Chicken, cornish game hens, meat and skin, raw   | 0.00                      |
| 05308  | Chicken, cornish game hens, meat and skin, cooked, roasted                                   | 0.00                      |
| 05309  | Chicken, cornish game hens, meat only, raw   | 0.00                      |
| 05310  | Chicken, cornish game hens, meat only, cooked, roasted                                       | 0.00                      |
| 05311  | Chicken, canned, no broth  | 0.00                      |
| 05312  | Chicken, wing, frozen, glazed, barbecue flavored   | 0.00                      |
| 05313  | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)                         | 0.00                      |
| 05314  | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw | 0.00                      |
| 05319  | Chicken, broiler, rotisserie, BBQ, drumstick, meat only                                      | 0.00                      |
| 05320  | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)                 | 0.00                      |
| 05323  | Chicken patty, frozen, uncooked  | 0.00                      |
| 05324  | Chicken patty, frozen, cooked  | 0.00                      |
| 05326  | Chicken breast tenders, breaded, cooked, microwaved  | 0.00                      |
| 05327  | Chicken breast tenders, breaded, uncooked  | 0.00                      |
| 05332  | Chicken, ground, raw   | 0.00                      |
| 05333  | Chicken, ground, crumbles, cooked, pan-browned   | 0.00                      |
| 05334  | Chicken, broiler, rotisserie, BBQ, thigh, meat only  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 05335  | Chicken, feet, boiled   | 0.00                      |
| 05336  | USDA Commodity Chicken, canned, meat only, drained  | 0.00                      |
| 05337  | USDA Commodity, Chicken, canned, meat only, with water  | 0.00                      |
| 05338  | USDA Commodity, Chicken, canned, meat only, with broth  | 0.00                      |
| 05339  | Chicken, broiler, rotisserie, BBQ, wing, meat only  | 0.00                      |
| 05341  | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning          | 0.00                      |
| 05342  | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning        | 0.00                      |
| 05343  | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning     | 0.00                      |
| 05344  | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning                | 0.00                      |
| 05345  | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning         | 0.00                      |
| 05346  | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning          | 0.00                      |
| 05347  | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning      | 0.00                      |
| 05348  | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning    | 0.00                      |
| 05349  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning | 0.00                      |
| 05351  | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning     | 0.00                      |
| 05352  | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning      | 0.00                      |
| 05353  | USDA Commodity, chicken fajita strips, frozen   | 0.00                      |
| 05354  | USDA Commodity, turkey taco meat, frozen, cooked  | 0.00                      |
| 05356  | Chicken, broiler, rotisserie, BBQ, skin   | 0.00                      |
| 05357  | Chicken, broiler, rotisserie, BBQ, back meat and skin   | 0.00                      |
| 05358  | Chicken, broiler, rotisserie, BBQ, breast meat and skin                                       | 0.00                      |
| 05359  | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin                                    | 0.00                      |
| 05361  | Chicken, broiler, rotisserie, BBQ, thigh meat and skin  | 0.00                      |
| 05362  | Chicken, broiler, rotisserie, BBQ, wing meat and skin   | 0.00                      |
| 05363  | Ruffed Grouse, breast meat, skinless, raw   | 0.00                      |
| 05621  | Emu, ground, raw  | 0.00                      |
| 05622  | Emu, ground, cooked, pan-broiled  | 0.00                      |
| 05623  | Emu, fan fillet, raw  | 0.00                      |
| 05624  | Emu, fan fillet, cooked, broiled  | 0.00                      |
| 05625  | Emu, flat fillet, raw   | 0.00                      |
| 05626  | Emu, full rump, raw   | 0.00                      |
| 05627  | Emu, full rump, cooked, broiled   | 0.00                      |
| 05628  | Emu, inside drum, raw   | 0.00                      |
| 05629  | Emu, inside drums, cooked, broiled  | 0.00                      |
| 05630  | Emu, outside drum, raw  | 0.00                      |
| 05631  | Emu, oyster, raw  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 05632  | Emu, top loin, cooked, broiled  | 0.00                      |
| 05641  | Ostrich, ground, raw  | 0.00                      |
| 05642  | Ostrich, ground, cooked, pan-broiled  | 0.00                      |
| 05643  | Ostrich, fan, raw   | 0.00                      |
| 05644  | Ostrich, inside leg, raw  | 0.00                      |
| 05645  | Ostrich, inside leg, cooked   | 0.00                      |
| 05646  | Ostrich, inside strip, raw  | 0.00                      |
| 05647  | Ostrich, inside strip, cooked   | 0.00                      |
| 05648  | Ostrich, outside leg, raw   | 0.00                      |
| 05649  | Ostrich, outside strip, raw   | 0.00                      |
| 05650  | Ostrich, outside strip, cooked  | 0.00                      |
| 05651  | Ostrich, oyster, raw  | 0.00                      |
| 05652  | Ostrich, oyster, cooked   | 0.00                      |
| 05653  | Ostrich, round, raw   | 0.00                      |
| 05654  | Ostrich, tenderloin, raw  | 0.00                      |
| 05655  | Ostrich, tip trimmed, raw   | 0.00                      |
| 05656  | Ostrich, tip trimmed, cooked  | 0.00                      |
| 05657  | Ostrich, top loin, raw  | 0.00                      |
| 05658  | Ostrich, top loin, cooked   | 0.00                      |
| 05661  | Chicken, liver, all classes, cooked, pan-fried                                    | 0.00                      |
| 05662  | Ground turkey, fat free, raw  | 0.00                      |
| 05663  | Ground turkey, fat free, pan-broiled crumbles                                     | 0.00                      |
| 05664  | Ground turkey, fat free, patties, broiled   | 0.00                      |
| 05665  | Ground turkey, 93% lean, 7% fat, raw  | 0.00                      |
| 05666  | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles                             | 0.00                      |
| 05667  | Ground turkey, 93% lean, 7% fat, patties, broiled                                 | 0.00                      |
| 05668  | Ground turkey, 85% lean, 15% fat, raw   | 0.00                      |
| 05669  | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles                            | 0.00                      |
| 05670  | Ground turkey, 85% lean, 15% fat, patties, broiled                                | 0.00                      |
| 05671  | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised     | 0.00                      |
| 05672  | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised         | 0.00                      |
| 05673  | Chicken, skin (drumsticks and thighs), cooked, braised                            | 0.00                      |
| 05674  | Chicken, skin (drumsticks and thighs), raw  | 0.00                      |
| 05675  | Chicken, skin (drumsticks and thighs), cooked, roasted                            | 0.00                      |
| 05676  | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised | 0.00                      |
| 05677  | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised     | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 05678  | Chicken, dark meat, drumstick, meat only, with added solution, raw                 | 0.00                      |
| 05679  | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted     | 0.00                      |
| 05680  | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised     | 0.00                      |
| 05681  | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised         | 0.00                      |
| 05682  | Chicken, dark meat, thigh, meat only, with added solution, raw                     | 0.00                      |
| 05683  | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted         | 0.00                      |
| 05684  | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised        | 0.00                      |
| 05685  | Chicken, skin (drumsticks and thighs), with added solution, raw                    | 0.00                      |
| 05686  | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted        | 0.00                      |
| 05687  | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised | 0.00                      |
| 05688  | Chicken, dark meat, drumstick, meat and skin, with added solution, raw             | 0.00                      |
| 05689  | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted | 0.00                      |
| 05690  | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised     | 0.00                      |
| 05691  | Chicken, dark meat, thigh, meat and skin, with added solution, raw                 | 0.00                      |
| 05692  | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted     | 0.00                      |
| 05693  | Chicken, broiler, rotisserie, BBQ, back meat only                                  | 0.00                      |
| 05694  | Turkey, dark meat from whole, meat only, with added solution, raw                  | 0.00                      |
| 05695  | Turkey, dark meat, meat only, with added solution, cooked, roasted                 | 0.00                      |
| 05696  | Turkey from whole, light meat, meat only, with added solution, raw                 | 0.00                      |
| 05697  | Turkey from whole, light meat, meat only, with added solution, cooked, roasted     | 0.00                      |
| 05698  | Turkey, skin from whole (light and dark), with added solution, raw                 | 0.00                      |
| 05699  | Turkey, skin from whole, (light and dark), with added solution, roasted            | 0.00                      |
| 05700  | Turkey, dark meat from whole, meat and skin, with added solution, raw              | 0.00                      |
| 05701  | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted  | 0.00                      |
| 05702  | Turkey from whole, light meat, meat and skin, with added solution, raw             | 0.00                      |
| 05703  | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted | 0.00                      |
| 05704  | Turkey, whole, meat only, with added solution, raw                                 | 0.00                      |
| 05705  | Turkey, whole, meat only, with added solution, roasted                             | 0.00                      |
| 05706  | Turkey, whole, meat and skin, with added solution, raw                             | 0.00                      |
| 05707  | Turkey, whole, meat and skin, with added solution, roasted                         | 0.00                      |
| 05708  | Turkey, retail parts, breast, meat only, with added solution, raw                  | 0.00                      |
| 05709  | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted      | 0.00                      |
| 05710  | Turkey, retail parts, breast, meat only, raw                                       | 0.00                      |
| 05711  | Turkey, retail parts, breast, meat only, cooked, roasted                           | 0.00                      |
| 05712  | Turkey, retail parts, wing, meat only, raw   | 0.00                      |
| 05713  | Turkey, retail parts, wing, meat only, cooked, roasted                             | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 05714  | Turkey, skin, from retail parts, from dark meat, raw  | 0.00                      |
| 05715  | Turkey, skin, from retail parts, from dark meat, cooked, roasted  | 0.00                      |
| 05716  | Turkey, retail parts, drumstick, meat only, raw   | 0.00                      |
| 05717  | Turkey, retail parts, thigh, meat only, raw   | 0.00                      |
| 05718  | Turkey, breast, from whole bird, meat only, with added solution, roasted                                | 0.00                      |
| 05719  | Turkey, back, from whole bird, meat only, with added solution, raw                                      | 0.00                      |
| 05720  | Turkey, back, from whole bird, meat only, with added solution, roasted                                  | 0.00                      |
| 05721  | Turkey, breast, from whole bird, meat only, with added solution, raw                                    | 0.00                      |
| 05722  | Turkey, retail parts, thigh, meat only, cooked, roasted   | 0.00                      |
| 05723  | Turkey, retail parts, drumstick, meat only, cooked, roasted   | 0.00                      |
| 05724  | Turkey, drumstick, from whole bird, meat only, with added solution, raw                                 | 0.00                      |
| 05725  | Turkey, drumstick, from whole bird, meat only, with added solution, roasted                             | 0.00                      |
| 05726  | Turkey, thigh, from whole bird, meat only, with added solution, raw                                     | 0.00                      |
| 05727  | Turkey, retail parts, breast, meat and skin, with added solution, raw                                   | 0.00                      |
| 05728  | Turkey, thigh, from whole bird, meat only, with added solution, roasted                                 | 0.00                      |
| 05729  | Turkey, wing, from whole bird, meat only, with added solution, raw                                      | 0.00                      |
| 05730  | Turkey, wing, from whole bird, meat only, with added solution, roasted                                  | 0.00                      |
| 05732  | Turkey, retail parts, breast, meat and skin, raw  | 0.00                      |
| 05733  | Turkey, retail parts, breast, meat and skin, cooked, roasted  | 0.00                      |
| 05734  | Turkey, retail parts, wing, meat and skin, raw  | 0.00                      |
| 05735  | Turkey, retail parts, wing, meat and skin, cooked, roasted  | 0.00                      |
| 05736  | Turkey, retail parts, drumstick, meat and skin, raw   | 0.00                      |
| 05737  | Turkey, retail parts, drumstick, meat and skin, cooked, roasted   | 0.00                      |
| 05738  | Turkey, drumstick, from whole bird, meat only, raw  | 0.00                      |
| 05739  | Turkey, drumstick, from whole bird, meat only, roasted  | 0.00                      |
| 05740  | Turkey, thigh, from whole bird, meat only, raw  | 0.00                      |
| 05741  | Turkey, thigh, from whole bird, meat only, roasted  | 0.00                      |
| 05742  | Turkey, retail parts, thigh, meat and skin, raw   | 0.00                      |
| 05743  | Turkey, retail parts, thigh, meat and skin, cooked, roasted   | 0.00                      |
| 05744  | Turkey, back, from whole bird, meat and skin, with added solution, raw                                  | 0.00                      |
| 05745  | Turkey, back, from whole bird, meat and skin, with added solution, roasted                              | 0.00                      |
| 05746  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised                      | 0.00                      |
| 05747  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled                      | 0.00                      |
| 05748  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised | 0.00                      |
| 05749  | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled | 0.00                      |
| 06001  | Soup, cream of asparagus, canned, condensed   | 0.00                      |

| <b>NDB_No</b> | <b>Description</b>  | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|---|-----------------------------------|
| 06002         | Soup, black bean, canned, condensed                                 | 0.00                              |
| 06004         | Soup, bean with pork, canned, condensed                             | 0.00                              |
| 06008         | Soup, beef broth or bouillon canned, ready-to-serve                 | 0.00                              |
| 06009         | Soup, beef noodle, canned, condensed                                | 0.00                              |
| 06010         | Soup, cream of celery, canned, condensed                            | 0.00                              |
| 06011         | Soup, cheese, canned, condensed                                     | 0.00                              |
| 06013         | Soup, chicken broth, canned, condensed                              | 0.00                              |
| 06015         | Soup, chicken, canned, chunky, ready-to-serve                       | 0.00                              |
| 06016         | Soup, cream of chicken, canned, condensed                           | 0.00                              |
| 06018         | Soup, chunky chicken noodle, canned, ready-to-serve                 | 0.00                              |
| 06019         | Soup, chicken noodle, canned, condensed                             | 0.00                              |
| 06022         | Soup, chicken rice, canned, chunky, ready-to-serve                  | 0.00                              |
| 06023         | Soup, chicken with rice, canned, condensed                          | 0.00                              |
| 06024         | Soup, chicken and vegetable, canned, ready-to-serve                 | 0.00                              |
| 06025         | Soup, chicken vegetable, canned, condensed                          | 0.00                              |
| 06026         | Soup, chili beef, canned, condensed                                 | 0.00                              |
| 06027         | Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve | 0.00                              |
| 06028         | Soup, clam chowder, manhattan, canned, condensed                    | 0.00                              |
| 06029         | CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed           | 0.00                              |
| 06030         | Soup, clam chowder, new england, canned, condensed                  | 0.00                              |
| 06032         | Soup, beef broth bouillon and consommé, canned, condensed           | 0.00                              |
| 06039         | Soup, minestrone, canned, chunky, ready-to-serve                    | 0.00                              |
| 06040         | Soup, minestrone, canned, condensed                                 | 0.00                              |
| 06043         | Soup, cream of mushroom, canned, condensed                          | 0.00                              |
| 06044         | Soup, mushroom with beef stock, canned, condensed                   | 0.00                              |
| 06045         | Soup, onion, canned, condensed                                      | 0.00                              |
| 06046         | Soup, cream of onion, canned, condensed                             | 0.00                              |
| 06049         | Soup, pea, green, canned, condensed                                 | 0.00                              |
| 06050         | Soup, pea, split with ham, canned, chunky, ready-to-serve           | 0.00                              |
| 06053         | Soup, cream of potato, canned, condensed                            | 0.00                              |
| 06063         | Soup, tomato rice, canned, condensed                                | 0.00                              |
| 06067         | Soup, chunky vegetable, canned, ready-to-serve                      | 0.00                              |
| 06068         | Soup, vegetarian vegetable, canned, condensed                       | 0.00                              |
| 06070         | Soup, chunky beef, canned, ready-to-serve                           | 0.00                              |
| 06071         | Soup, vegetable beef, canned, condensed                             | 0.00                              |
| 06072         | Soup, vegetable with beef broth, canned, condensed                  | 0.00                              |

| <b>NDB_No</b> | <b>Description</b>   | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|--|-----------------------------------|
| 06075         | Soup, beef broth or bouillon, powder, dry  | 0.00                              |
| 06076         | Soup, beef broth, cubed, dry   | 0.00                              |
| 06080         | Soup, chicken broth or bouillon, dry   | 0.00                              |
| 06094         | Soup, onion, dry, mix  | 0.00                              |
| 06101         | Soup, cream of vegetable, dry, powder  | 0.00                              |
| 06112         | Sauce, teriyaki, ready-to-serve  | 0.00                              |
| 06116         | Gravy, beef, canned, ready-to-serve  | 0.00                              |
| 06119         | Gravy, chicken, canned or bottled, ready-to-serve                                      | 0.00                              |
| 06122         | Gravy, mushroom, dry, powder   | 0.00                              |
| 06124         | Gravy, pork, dry, powder   | 0.00                              |
| 06125         | Gravy, turkey, canned, ready-to-serve  | 0.00                              |
| 06128         | Soup, chicken noodle, dry, mix   | 0.00                              |
| 06149         | Soup, chicken mushroom, canned, condensed  | 0.00                              |
| 06150         | Sauce, barbecue  | 0.00                              |
| 06159         | Soup, tomato, canned, condensed  | 0.00                              |
| 06164         | Sauce, salsa, ready-to-serve   | 0.00                              |
| 06165         | Sauce, homemade, white, thin   | 0.00                              |
| 06166         | Sauce, homemade, white, medium   | 0.00                              |
| 06167         | Sauce, homemade, white, thick  | 0.00                              |
| 06169         | Sauce, ready-to-serve, pepper, TABASCO   | 0.00                              |
| 06170         | Soup, stock, beef, home-prepared   | 0.00                              |
| 06172         | Soup, stock, chicken, home-prepared  | 0.00                              |
| 06174         | Soup, stock, fish, home-prepared   | 0.00                              |
| 06175         | Sauce, hoisin, ready-to-serve  | 0.00                              |
| 06176         | Sauce, oyster, ready-to-serve  | 0.00                              |
| 06177         | Soup, minestrone, canned, reduced sodium, ready-to-serve                               | 0.00                              |
| 06179         | Sauce, fish, ready-to-serve  | 0.00                              |
| 06182         | Soup, cream of mushroom, canned, condensed, reduced sodium                             | 0.00                              |
| 06183         | Soup, chicken broth, less/reduced sodium, ready to serve                               | 0.00                              |
| 06188         | Soup, beef broth, less/reduced sodium, ready to serve                                  | 0.00                              |
| 06189         | Sauce, teriyaki, ready-to-serve, reduced sodium  | 0.00                              |
| 06190         | Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve        | 0.00                              |
| 06192         | Split pea soup, canned, reduced sodium, prepared with water or ready-to serve          | 0.00                              |
| 06193         | Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve | 0.00                              |
| 06194         | Soup, chicken broth, ready-to-serve  | 0.00                              |
| 06208         | Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve                 | 0.00                              |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 06217  | Soup, vegetable, canned, low sodium, condensed  | 0.00                      |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 0.00                      |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk         | 0.00                      |
| 06256  | Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk           | 0.00                      |
| 06359  | Soup, tomato, canned, prepared with equal volume low fat (2%) milk                    | 0.00                      |
| 06402  | Soup, black bean, canned, prepared with equal volume water                            | 0.00                      |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water                        | 0.00                      |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water                           | 0.00                      |
| 06413  | Soup, chicken broth, canned, prepared with equal volume water                         | 0.00                      |
| 06417  | Soup, chicken gumbo, canned, prepared with equal volume water                         | 0.00                      |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water                        | 0.00                      |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water                     | 0.00                      |
| 06426  | Soup, chili beef, canned, prepared with equal volume water                            | 0.00                      |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water               | 0.00                      |
| 06430  | Soup, clam chowder, new england, canned, prepared with equal volume water             | 0.00                      |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water                     | 0.00                      |
| 06449  | Soup, pea, green, canned, prepared with equal volume water                            | 0.00                      |
| 06456  | Soup, cream of shrimp, canned, prepared with equal volume water                       | 0.00                      |
| 06461  | Soup, tomato beef with noodle, canned, prepared with equal volume water               | 0.00                      |
| 06463  | Soup, tomato rice, canned, prepared with equal volume water                           | 0.00                      |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water                  | 0.00                      |
| 06471  | Soup, vegetable beef, canned, prepared with equal volume water                        | 0.00                      |
| 06472  | Soup, vegetable with beef broth, canned, prepared with equal volume water             | 0.00                      |
| 06475  | Soup, beef broth or bouillon, powder, prepared with water                             | 0.00                      |
| 06476  | Soup, beef broth, cubed, prepared with water  | 0.00                      |
| 06480  | Soup, chicken broth or bouillon, dry, prepared with water                             | 0.00                      |
| 06483  | Soup, cream of chicken, dry, mix, prepared with water                                 | 0.00                      |
| 06494  | Soup, onion, dry, mix, prepared with water  | 0.00                      |
| 06498  | Soup, tomato, dry, mix, prepared with water   | 0.00                      |
| 06528  | Soup, chicken noodle, dry, mix, prepared with water                                   | 0.00                      |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                    | 0.00                      |
| 06583  | Soup, ramen noodle, any flavor, dry   | 0.00                      |
| 06584  | Soup, broccoli cheese, canned, condensed, commercial                                  | 0.00                      |
| 06618  | Sauce, peanut, made from coconut, water, sugar, peanuts                               | 0.00                      |
| 06700  | Soup, vegetable broth, ready to serve   | 0.00                      |
| 06749  | Soup, beef and vegetables, canned, ready-to-serve                                     | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve                              | 0.00                      |
| 06955  | Soup, cream of chicken, canned, condensed, reduced sodium                     | 0.00                      |
| 06956  | Soup, tomato, canned, condensed, reduced sodium                               | 0.00                      |
| 06957  | Gravy, brown instant, dry   | 0.00                      |
| 06958  | Gravy, instant beef, dry  | 0.00                      |
| 06959  | Gravy, instant turkey, dry  | 0.00                      |
| 06961  | Sauce, peppers, hot, chili, mature red, canned                                | 0.00                      |
| 06962  | Sauce, chili, peppers, hot, immature green, canned                            | 0.00                      |
| 06963  | Fish broth  | 0.00                      |
| 06964  | Soup, tomato, low sodium, with water  | 0.00                      |
| 06965  | Soup, pea, low sodium, prepared with equal volume water                       | 0.00                      |
| 06966  | Soup, chicken noodle, low sodium, canned, prepared with equal volume water    | 0.00                      |
| 06967  | Soup, vegetable soup, condensed, low sodium, prepared with equal volume water | 0.00                      |
| 06968  | Soup, cream of mushroom, low sodium, ready-to-serve, canned                   | 0.00                      |
| 06969  | Potato soup, instant, dry mix   | 0.00                      |
| 06970  | Soup, chicken broth, low sodium, canned                                       | 0.00                      |
| 06971  | Sauce, worcestershire   | 0.00                      |
| 06972  | Sauce, tomato chili sauce, bottled, with salt                                 | 0.00                      |
| 06974  | Soup, vegetable chicken, canned, prepared with water, low sodium              | 0.00                      |
| 06976  | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium                  | 0.00                      |
| 06977  | Gravy, meat or poultry, low sodium, prepared                                  | 0.00                      |
| 06978  | Soup, beef and mushroom, low sodium, chunk style                              | 0.00                      |
| 06980  | Soup, beef stroganoff, canned, chunky style, ready-to-serve                   | 0.00                      |
| 06981  | Soup, bouillon cubes and granules, low sodium, dry                            | 0.00                      |
| 07002  | Beerwurst, beer salami, pork and beef   | 0.00                      |
| 07004  | Sausage, Berliner, pork, beef   | 0.00                      |
| 07005  | Blood sausage   | 0.00                      |
| 07006  | Bockwurst, pork, veal, raw  | 0.00                      |
| 07007  | Bologna, beef   | 0.00                      |
| 07008  | Bologna, beef and pork  | 0.00                      |
| 07010  | Bologna, pork   | 0.00                      |
| 07011  | Bologna, turkey   | 0.00                      |
| 07013  | Bratwurst, pork, cooked   | 0.00                      |
| 07014  | Braunschweiger (a liver sausage), pork  | 0.00                      |
| 07015  | Brotwurst, pork, beef, link   | 0.00                      |
| 07016  | Cheesefurter, cheese smokie, pork, beef                                       | 0.00                      |

| <b>NDB_No</b> | <b>Description</b>   | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|--|-----------------------------------|
| 07018         | Chicken spread   | 0.00                              |
| 07019         | Chorizo, pork and beef   | 0.00                              |
| 07021         | Dutch brand loaf, chicken, pork and beef   | 0.00                              |
| 07022         | Frankfurter, beef, unheated  | 0.00                              |
| 07024         | Frankfurter, chicken   | 0.00                              |
| 07025         | Frankfurter, turkey  | 0.00                              |
| 07026         | Ham, chopped, canned   | 0.00                              |
| 07027         | Ham, chopped, not canned   | 0.00                              |
| 07028         | Ham, sliced, packaged (96% fat free, water added)  | 0.00                              |
| 07029         | Ham, sliced, regular (approximately 11% fat)   | 0.00                              |
| 07030         | Ham, minced  | 0.00                              |
| 07031         | Ham salad spread   | 0.00                              |
| 07032         | Ham and cheese loaf or roll  | 0.00                              |
| 07034         | Headcheese, pork   | 0.00                              |
| 07038         | Knackwurst, knockwurst, pork, beef   | 0.00                              |
| 07039         | Lebanon bologna, beef  | 0.00                              |
| 07043         | Roast beef, deli style, prepackaged, sliced  | 0.00                              |
| 07044         | USDA Commodity, luncheon meat, canned  | 0.00                              |
| 07045         | Luncheon meat, pork, canned  | 0.00                              |
| 07046         | Turkey breast, low salt, prepackaged or deli, luncheon meat  | 0.00                              |
| 07050         | Mortadella, beef, pork   | 0.00                              |
| 07051         | Olive loaf, pork   | 0.00                              |
| 07052         | Pastrami, turkey   | 0.00                              |
| 07053         | Pate, chicken liver, canned  | 0.00                              |
| 07055         | Pate, liver, not specified, canned   | 0.00                              |
| 07056         | Peppered loaf, pork, beef  | 0.00                              |
| 07057         | Pepperoni, beef and pork, sliced   | 0.00                              |
| 07058         | Pickle and pimiento loaf, pork   | 0.00                              |
| 07063         | Pork sausage, link/patty, unprepared   | 0.00                              |
| 07064         | Pork sausage, link/patty, cooked, pan-fried  | 0.00                              |
| 07065         | Pork and beef sausage, fresh, cooked   | 0.00                              |
| 07066         | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) | 0.00                              |
| 07067         | Poultry salad sandwich spread  | 0.00                              |
| 07068         | Salami, cooked, beef   | 0.00                              |
| 07069         | Salami, cooked, beef and pork  | 0.00                              |
| 07070         | Salami, cooked, turkey   | 0.00                              |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 07072  | Salami, dry or hard, pork, beef  | 0.00                      |
| 07073  | Sandwich spread, pork, beef  | 0.00                      |
| 07074  | Smoked link sausage, pork  | 0.00                      |
| 07075  | Sausage, smoked link sausage, pork and beef  | 0.00                      |
| 07078  | Thuringer, cervelat, summer sausage, beef, pork  | 0.00                      |
| 07081  | Turkey breast, sliced, prepackaged   | 0.00                      |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork   | 0.00                      |
| 07089  | Sausage, Italian, pork, cooked   | 0.00                      |
| 07201  | OSCAR MAYER, Bologna (beef)  | 0.00                      |
| 07207  | OSCAR MAYER, Braunschweiger Liver Sausage (sliced)   | 0.00                      |
| 07209  | OSCAR MAYER, Chicken Breast (honey glazed)   | 0.00                      |
| 07212  | OSCAR MAYER, Ham (chopped with natural juice)  | 0.00                      |
| 07230  | OSCAR MAYER, Salami (hard)   | 0.00                      |
| 07241  | OSCAR MAYER, Wieners (beef franks)   | 0.00                      |
| 07254  | Turkey bacon, unprepared   | 0.00                      |
| 07278  | HORMEL Pillow Pak Sliced Turkey Pepperoni  | 0.00                      |
| 07900  | Turkey, pork, and beef sausage, low fat, smoked  | 0.00                      |
| 07905  | Frankfurter, beef, pork, and turkey, fat free  | 0.00                      |
| 07906  | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 0.00                      |
| 07908  | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)   | 0.00                      |
| 07909  | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite  | 0.00                      |
| 07910  | Bratwurst, veal, cooked  | 0.00                      |
| 07911  | Liverwurst spread  | 0.00                      |
| 07912  | Roast beef spread  | 0.00                      |
| 07913  | Salami, pork, beef, less sodium  | 0.00                      |
| 07914  | Sausage, Italian, sweet, links   | 0.00                      |
| 07915  | Sausage, Polish, beef with chicken, hot  | 0.00                      |
| 07916  | Sausage, Polish, pork and beef, smoked   | 0.00                      |
| 07917  | Sausage, pork and beef, with cheddar cheese, smoked  | 0.00                      |
| 07918  | Sausage, summer, pork and beef, sticks, with cheddar cheese  | 0.00                      |
| 07919  | Sausage, turkey, breakfast links, mild   | 0.00                      |
| 07920  | Swisswurst, pork and beef, with swiss cheese, smoked   | 0.00                      |
| 07921  | Bacon and beef sticks  | 0.00                      |
| 07922  | Bratwurst, beef and pork, smoked   | 0.00                      |
| 07923  | Bratwurst, chicken, cooked   | 0.00                      |
| 07924  | Bratwurst, pork, beef and turkey, lite, smoked   | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 07925  | Pastrami, beef, 98% fat-free                                   | 0.00                      |
| 07926  | Salami, Italian, pork  | 0.00                      |
| 07927  | Sausage, Italian, turkey, smoked                               | 0.00                      |
| 07928  | Sausage, chicken, beef, pork, skinless, smoked                 | 0.00                      |
| 07929  | Sausage, turkey, hot, smoked                                   | 0.00                      |
| 07930  | Yachtwurst, with pistachio nuts, cooked                        | 0.00                      |
| 07931  | Beerwurst, pork and beef                                       | 0.00                      |
| 07932  | Chicken breast, fat-free, mesquite flavor, sliced              | 0.00                      |
| 07933  | Chicken breast, oven-roasted, fat-free, sliced                 | 0.00                      |
| 07934  | Kielbasa, Polish, turkey and beef, smoked                      | 0.00                      |
| 07935  | Oven-roasted chicken breast roll                               | 0.00                      |
| 07936  | Bologna, pork and turkey, lite                                 | 0.00                      |
| 07937  | Bologna, pork, turkey and beef                                 | 0.00                      |
| 07938  | Ham, honey, smoked, cooked                                     | 0.00                      |
| 07939  | Frankfurter, pork  | 0.00                      |
| 07940  | Macaroni and cheese loaf, chicken, pork and beef               | 0.00                      |
| 07941  | Salami, Italian, pork and beef, dry, sliced, 50% less sodium   | 0.00                      |
| 07943  | Turkey, breast, smoked, lemon pepper flavor, 97% fat-free      | 0.00                      |
| 07944  | Turkey, white, rotisserie, deli cut                            | 0.00                      |
| 07945  | Frankfurter, beef, heated                                      | 0.00                      |
| 07949  | Frankfurter, meat, heated                                      | 0.00                      |
| 07950  | Frankfurter, meat  | 0.00                      |
| 07951  | Scrapple, pork   | 0.00                      |
| 07952  | Bologna, chicken, turkey, pork                                 | 0.00                      |
| 07953  | Pork sausage, link/patty, fully cooked, microwaved             | 0.00                      |
| 07954  | Beef sausage, pre-cooked                                       | 0.00                      |
| 07955  | Turkey sausage, fresh, raw                                     | 0.00                      |
| 07956  | Beef sausage, fresh, cooked                                    | 0.00                      |
| 07957  | Pork and turkey sausage, pre-cooked                            | 0.00                      |
| 07958  | Turkey sausage, fresh, cooked                                  | 0.00                      |
| 07959  | Bologna, chicken, pork, beef                                   | 0.00                      |
| 07960  | Bologna, chicken, pork   | 0.00                      |
| 07961  | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged | 0.00                      |
| 07962  | Frankfurter, meat and poultry, unheated                        | 0.00                      |
| 07963  | Frankfurter, meat and poultry, cooked, boiled                  | 0.00                      |
| 07964  | Frankfurter, meat and poultry, cooked, grilled                 | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 07965  | Pork sausage, link/patty, reduced fat, unprepared                       | 0.00                      |
| 07966  | Pork sausage, link/patty, reduced fat, cooked, pan-fried                | 0.00                      |
| 07967  | Pork sausage, link/patty, fully cooked, unheated                        | 0.00                      |
| 07968  | Kielbasa, fully cooked, grilled   | 0.00                      |
| 07969  | Kielbasa, fully cooked, pan-fried                                       | 0.00                      |
| 07970  | Kielbasa, fully cooked, unheated  | 0.00                      |
| 07971  | Bologna, meat and poultry   | 0.00                      |
| 07972  | Meatballs, frozen, Italian style  | 0.00                      |
| 07973  | Turkey bacon, microwaved  | 0.00                      |
| 07974  | Bacon, turkey, low sodium   | 0.00                      |
| 07978  | Pork sausage, reduced sodium, cooked                                    | 0.00                      |
| 07979  | Sausage, pork, turkey, and beef, reduced sodium                         | 0.00                      |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original              | 0.00                      |
| 08002  | Cereals ready-to-eat, POST, ALPHA-BITS                                  | 0.00                      |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                    | 0.00                      |
| 08005  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS             | 0.00                      |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH                              | 0.00                      |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES           | 0.00                      |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH       | 0.00                      |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS                           | 0.00                      |
| 08018  | Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN                       | 0.00                      |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX                          | 0.00                      |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                    | 0.00                      |
| 08023  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN             | 0.00                      |
| 08025  | Cereals ready-to-eat, RALSTON CRISP RICE                                | 0.00                      |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes | 0.00                      |
| 08029  | Cereals ready-to-eat, POST Bran Flakes                                  | 0.00                      |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                    | 0.00                      |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite           | 0.00                      |
| 08032  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES          | 0.00                      |
| 08034  | Cereals ready-to-eat, POST, FRUITY PEBBLES                              | 0.00                      |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                     | 0.00                      |
| 08037  | Cereals ready-to-eat, granola, homemade                                 | 0.00                      |
| 08038  | Cereals ready-to-eat, POST, GRAPE-NUTS Cereal                           | 0.00                      |
| 08039  | Cereals ready-to-eat, POST, GRAPE-NUTS Flakes                           | 0.00                      |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                 | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 08046  | Cereals ready-to-eat, POST, Honeycomb Cereal   | 0.00                      |
| 08047  | Cereals ready-to-eat, QUAKER, KING VITAMAN   | 0.00                      |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX   | 0.00                      |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                     | 0.00                      |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS  | 0.00                      |
| 08054  | Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey                | 0.00                      |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                                      | 0.00                      |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                                      | 0.00                      |
| 08059  | Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP   | 0.00                      |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                     | 0.00                      |
| 08061  | Cereals ready-to-eat, POST Raisin Bran Cereal  | 0.00                      |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX   | 0.00                      |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                                   | 0.00                      |
| 08066  | Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice   | 0.00                      |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                                       | 0.00                      |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS                                       | 0.00                      |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                                  | 0.00                      |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS                                    | 0.00                      |
| 08073  | Cereals ready-to-eat, POST, GOLDEN CRISP   | 0.00                      |
| 08074  | Cereals ready-to-eat, RALSTON TASTEEOS   | 0.00                      |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                                   | 0.00                      |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX  | 0.00                      |
| 08081  | Cereals ready-to-eat, POST, Honey Nut Shredded Wheat                                     | 0.00                      |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX  | 0.00                      |
| 08083  | Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS   | 0.00                      |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain   | 0.00                      |
| 08085  | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ                    | 0.00                      |
| 08087  | Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS                                | 0.00                      |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES  | 0.00                      |
| 08090  | Cereals, corn grits, white, regular and quick, enriched, dry                             | 0.00                      |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 0.00                      |
| 08092  | Cereals, QUAKER, corn grits, instant, plain, dry   | 0.00                      |
| 08094  | Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry                         | 0.00                      |
| 08100  | Cereals, CREAM OF RICE, dry  | 0.00                      |
| 08101  | Cereals, CREAM OF RICE, cooked with water, without salt                                  | 0.00                      |
| 08102  | Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry                                 | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 08103  | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt   | 0.00                      |
| 08104  | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry                             | 0.00                      |
| 08106  | Cereals, CREAM OF WHEAT, instant, dry   | 0.00                      |
| 08107  | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt   | 0.00                      |
| 08113  | Cereals, farina, enriched, cooked with water, without salt  | 0.00                      |
| 08116  | Cereals, MALT-O-MEAL, original, plain, dry  | 0.00                      |
| 08120  | Cereals, oats, regular and quick, not fortified, dry  | 0.00                      |
| 08121  | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt          | 0.00                      |
| 08122  | Cereals, oats, instant, fortified, plain, dry   | 0.00                      |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)                         | 0.00                      |
| 08124  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry  | 0.00                      |
| 08128  | Cereals, oats, instant, fortified, with cinnamon and spice, dry   | 0.00                      |
| 08129  | Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water   | 0.00                      |
| 08132  | Cereals, oats, instant, fortified, with raisins and spice, dry  | 0.00                      |
| 08133  | Cereals, oats, instant, fortified, with raisins and spice, prepared with water  | 0.00                      |
| 08138  | Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS   | 0.00                      |
| 08142  | Cereals, WHEATENA, dry  | 0.00                      |
| 08144  | Cereals, whole wheat hot natural cereal, dry  | 0.00                      |
| 08145  | Cereals, whole wheat hot natural cereal, cooked with water, without salt  | 0.00                      |
| 08146  | Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat   | 0.00                      |
| 08147  | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit  | 0.00                      |
| 08148  | Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size   | 0.00                      |
| 08159  | Cereals, corn grits, yellow, regular and quick, enriched, dry   | 0.00                      |
| 08160  | Cereals, corn grits, yellow, regular and quick, unenriched, dry   | 0.00                      |
| 08161  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt                                     | 0.00                      |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                                 | 0.00                      |
| 08165  | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt                                       | 0.00                      |
| 08168  | Cereals, CREAM OF RICE, cooked with water, with salt  | 0.00                      |
| 08169  | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt  | 0.00                      |
| 08173  | Cereals, farina, enriched, cooked with water, with salt   | 0.00                      |
| 08180  | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 0.00                      |
| 08182  | Cereals, WHEATENA, cooked with water, with salt   | 0.00                      |
| 08183  | Cereals, whole wheat hot natural cereal, cooked with water, with salt   | 0.00                      |
| 08189  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins  | 0.00                      |
| 08191  | Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size   | 0.00                      |
| 08192  | Cereals ready-to-eat, POST SELECTS Blueberry Morning  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 08200  | Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry  | 0.00                      |
| 08202  | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond                             | 0.00                      |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE   | 0.00                      |
| 08211  | Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S  | 0.00                      |
| 08214  | Cereals ready-to-eat, QUAKER, Oatmeal Squares  | 0.00                      |
| 08215  | Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon  | 0.00                      |
| 08216  | Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps  | 0.00                      |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins | 0.00                      |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                        | 0.00                      |
| 08225  | Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry                                 | 0.00                      |
| 08228  | Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry                              | 0.00                      |
| 08239  | Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry                        | 0.00                      |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS  | 0.00                      |
| 08244  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal                                     | 0.00                      |
| 08245  | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin                              | 0.00                      |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran   | 0.00                      |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX   | 0.00                      |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN   | 0.00                      |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4   | 0.00                      |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                                   | 0.00                      |
| 08267  | Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS  | 0.00                      |
| 08268  | Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY  | 0.00                      |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                                     | 0.00                      |
| 08273  | Cereals ready-to-eat, GENERAL MILLS, BOO BERRY   | 0.00                      |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX   | 0.00                      |
| 08277  | Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA                       | 0.00                      |
| 08284  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins                          | 0.00                      |
| 08286  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX   | 0.00                      |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                           | 0.00                      |
| 08290  | Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes  | 0.00                      |
| 08305  | Cereals ready-to-eat, Post, Waffle Crisp   | 0.00                      |
| 08309  | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES                              | 0.00                      |
| 08318  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal          | 0.00                      |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                        | 0.00                      |
| 08346  | Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH   | 0.00                      |
| 08347  | Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH                                       | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 08348  | Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice                                       | 0.00                      |
| 08349  | Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES                                   | 0.00                      |
| 08376  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS                     | 0.00                      |
| 08380  | Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH                         | 0.00                      |
| 08383  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries                       | 0.00                      |
| 08384  | Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size            | 0.00                      |
| 08386  | Cereals ready-to-eat, KASHI GOLEAN CRUNCH!   | 0.00                      |
| 08387  | Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat                        | 0.00                      |
| 08388  | Cereals ready-to-eat, KASHI 7 Whole Grain Puffs                                      | 0.00                      |
| 08389  | Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs                                | 0.00                      |
| 08390  | Cereals ready-to-eat, KASHI GOOD FRIENDS   | 0.00                      |
| 08393  | Cereals ready-to-eat, KASHI GOLEAN   | 0.00                      |
| 08402  | Cereals, QUAKER, Quick Oats, Dry   | 0.00                      |
| 08409  | Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes                                    | 0.00                      |
| 08410  | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry                                | 0.00                      |
| 08411  | Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry                    | 0.00                      |
| 08435  | Cereals ready-to-eat, UNCLE SAM CEREAL   | 0.00                      |
| 08436  | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry                              | 0.00                      |
| 08459  | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size | 0.00                      |
| 08462  | Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat                            | 0.00                      |
| 08469  | Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal                 | 0.00                      |
| 08478  | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS                                      | 0.00                      |
| 08481  | Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES                              | 0.00                      |
| 08484  | Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal                                | 0.00                      |
| 08487  | Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal                      | 0.00                      |
| 08488  | Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry                                   | 0.00                      |
| 08489  | Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry                      | 0.00                      |
| 08491  | Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S                               | 0.00                      |
| 08493  | Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS                                       | 0.00                      |
| 08494  | Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS                                 | 0.00                      |
| 08500  | Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS                             | 0.00                      |
| 08501  | Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES                                 | 0.00                      |
| 08510  | Milk and cereal bar  | 0.00                      |
| 08511  | Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt             | 0.00                      |
| 08512  | Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt                   | 0.00                      |
| 08531  | Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt                             | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 08538  | Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters | 0.00                      |
| 08543  | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond                    | 0.00                      |
| 08544  | Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch              | 0.00                      |
| 08546  | Rice and Wheat cereal bar  | 0.00                      |
| 08550  | Cereals ready-to-eat, QUAKER, Christmas Crunch                               | 0.00                      |
| 08553  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry      | 0.00                      |
| 08554  | Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch                        | 0.00                      |
| 08560  | Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax               | 0.00                      |
| 08571  | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola      | 0.00                      |
| 08579  | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH    | 0.00                      |
| 08582  | Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER                       | 0.00                      |
| 08583  | Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS                         | 0.00                      |
| 08586  | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX                     | 0.00                      |
| 08588  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal                     | 0.00                      |
| 08592  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut                    | 0.00                      |
| 08595  | Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX                           | 0.00                      |
| 08596  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight              | 0.00                      |
| 08598  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS               | 0.00                      |
| 08599  | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS         | 0.00                      |
| 08602  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan           | 0.00                      |
| 08603  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry                 | 0.00                      |
| 08610  | Cereals ready-to-eat, KASHI Honey Sunshine                                   | 0.00                      |
| 08633  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches       | 0.00                      |
| 08637  | Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch             | 0.00                      |
| 08643  | Cereals ready-to-eat, GENERAL MILLS, Honey KIX                               | 0.00                      |
| 08655  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches             | 0.00                      |
| 08656  | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes                | 0.00                      |
| 08657  | Cereals ready-to-eat, BARBARA'S PUFFINS, original                            | 0.00                      |
| 08673  | Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS                  | 0.00                      |
| 08674  | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey                   | 0.00                      |
| 08675  | Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds         | 0.00                      |
| 08676  | Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS                        | 0.00                      |
| 08680  | Cereals, oats, instant, fortified, maple and brown sugar, dry                | 0.00                      |
| 08709  | Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS                       | 0.00                      |
| 09002  | Acerola juice, raw   | 0.00                      |
| 09003  | Apples, raw, with skin   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 09004  | Apples, raw, without skin   | 0.00                      |
| 09005  | Apples, raw, without skin, cooked, boiled   | 0.00                      |
| 09006  | Apples, raw, without skin, cooked, microwave  | 0.00                      |
| 09007  | Apples, canned, sweetened, sliced, drained, unheated  | 0.00                      |
| 09008  | Apples, canned, sweetened, sliced, drained, heated  | 0.00                      |
| 09009  | Apples, dehydrated (low moisture), sulfured, uncooked   | 0.00                      |
| 09011  | Apples, dried, sulfured, uncooked   | 0.00                      |
| 09012  | Apples, dried, sulfured, stewed, without added sugar  | 0.00                      |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid                              | 0.00                      |
| 09017  | Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid                  | 0.00                      |
| 09018  | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid | 0.00                      |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)                | 0.00                      |
| 09020  | Applesauce, canned, sweetened, without salt (includes USDA commodity)                                 | 0.00                      |
| 09021  | Apricots, raw   | 0.00                      |
| 09022  | Apricots, canned, water pack, with skin, solids and liquids   | 0.00                      |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids   | 0.00                      |
| 09026  | Apricots, canned, light syrup pack, with skin, solids and liquids                                     | 0.00                      |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                                     | 0.00                      |
| 09032  | Apricots, dried, sulfured, uncooked   | 0.00                      |
| 09033  | Apricots, dried, sulfured, stewed, without added sugar  | 0.00                      |
| 09036  | Apricot nectar, canned, without added ascorbic acid   | 0.00                      |
| 09037  | Avocados, raw, all commercial varieties   | 0.00                      |
| 09040  | Bananas, raw  | 0.00                      |
| 09041  | Bananas, dehydrated, or banana powder   | 0.00                      |
| 09042  | Blackberries, raw   | 0.00                      |
| 09043  | Blackberry juice, canned  | 0.00                      |
| 09044  | Cherries, tart, dried, sweetened  | 0.00                      |
| 09046  | Blackberries, canned, heavy syrup, solids and liquids   | 0.00                      |
| 09048  | Blackberries, frozen, unsweetened   | 0.00                      |
| 09050  | Blueberries, raw  | 0.00                      |
| 09052  | Blueberries, canned, heavy syrup, solids and liquids  | 0.00                      |
| 09054  | Blueberries, frozen, unsweetened  | 0.00                      |
| 09055  | Blueberries, frozen, sweetened  | 0.00                      |
| 09057  | Boysenberries, frozen, unsweetened  | 0.00                      |
| 09059  | Breadfruit, raw   | 0.00                      |
| 09060  | Carambola, (starfruit), raw   | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 09063  | Cherries, sour, red, raw  | 0.00                      |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 0.00                      |
| 09066  | Cherries, sour, red, canned, heavy syrup pack, solids and liquids   | 0.00                      |
| 09068  | Cherries, sour, red, frozen, unsweetened  | 0.00                      |
| 09070  | Cherries, sweet, raw  | 0.00                      |
| 09071  | Cherries, sweet, canned, water pack, solids and liquids   | 0.00                      |
| 09072  | Cherries, sweet, canned, juice pack, solids and liquids   | 0.00                      |
| 09073  | Cherries, sweet, canned, light syrup pack, solids and liquids   | 0.00                      |
| 09074  | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids   | 0.00                      |
| 09076  | Cherries, sweet, frozen, sweetened  | 0.00                      |
| 09078  | Cranberries, raw  | 0.00                      |
| 09079  | Cranberries, dried, sweetened   | 0.00                      |
| 09081  | Cranberry sauce, canned, sweetened  | 0.00                      |
| 09084  | Currants, red and white, raw  | 0.00                      |
| 09085  | Currants, zante, dried  | 0.00                      |
| 09087  | Dates, deglet noor  | 0.00                      |
| 09089  | Figs, raw   | 0.00                      |
| 09090  | Figs, canned, water pack, solids and liquids  | 0.00                      |
| 09091  | Figs, canned, light syrup pack, solids and liquids  | 0.00                      |
| 09092  | Figs, canned, heavy syrup pack, solids and liquids  | 0.00                      |
| 09094  | Figs, dried, uncooked   | 0.00                      |
| 09095  | Figs, dried, stewed   | 0.00                      |
| 09096  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids     | 0.00                      |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids     | 0.00                      |
| 09099  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids    | 0.00                      |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids    | 0.00                      |
| 09105  | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids     | 0.00                      |
| 09111  | Grapefruit, raw, pink and red and white, all areas  | 0.00                      |
| 09112  | Grapefruit, raw, pink and red, all areas  | 0.00                      |
| 09114  | Grapefruit, raw, pink and red, Florida  | 0.00                      |
| 09116  | Grapefruit, raw, white, all areas   | 0.00                      |
| 09119  | Grapefruit, sections, canned, water pack, solids and liquids  | 0.00                      |
| 09120  | Grapefruit, sections, canned, juice pack, solids and liquids  | 0.00                      |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids  | 0.00                      |
| 09123  | Grapefruit juice, white, canned or bottled, unsweetened   | 0.00                      |
| 09124  | Grapefruit juice, white, canned, sweetened  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                   | 0.00                      |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 0.00                      |
| 09127  | Grapefruit juice, pink or red, with added calcium                                     | 0.00                      |
| 09128  | Grapefruit juice, white, raw  | 0.00                      |
| 09130  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid                 | 0.00                      |
| 09131  | Grapes, american type (slip skin), raw  | 0.00                      |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw                  | 0.00                      |
| 09133  | Grapes, canned, thompson seedless, water pack, solids and liquids                     | 0.00                      |
| 09134  | Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids               | 0.00                      |
| 09135  | Grape juice, canned or bottled, unsweetened, without added ascorbic acid              | 0.00                      |
| 09139  | Guavas, common, raw   | 0.00                      |
| 09143  | Guava sauce, cooked   | 0.00                      |
| 09148  | Kiwifruit, green, raw   | 0.00                      |
| 09149  | Kumquats, raw   | 0.00                      |
| 09150  | Lemons, raw, without peel   | 0.00                      |
| 09152  | Lemon juice, raw  | 0.00                      |
| 09153  | Lemon juice from concentrate, canned or bottled                                       | 0.00                      |
| 09154  | Lemon juice, frozen, unsweetened, single strength                                     | 0.00                      |
| 09156  | Lemon peel, raw   | 0.00                      |
| 09159  | Limes, raw  | 0.00                      |
| 09160  | Lime juice, raw   | 0.00                      |
| 09161  | Lime juice, canned or bottled, unsweetened  | 0.00                      |
| 09163  | Blueberries, dried, sweetened   | 0.00                      |
| 09164  | Litchis, raw  | 0.00                      |
| 09165  | Litchis, dried  | 0.00                      |
| 09167  | Loganberries, frozen  | 0.00                      |
| 09176  | Mangos, raw   | 0.00                      |
| 09181  | Melons, cantaloupe, raw   | 0.00                      |
| 09183  | Melons, casaba, raw   | 0.00                      |
| 09184  | Melons, honeydew, raw   | 0.00                      |
| 09190  | Mulberries, raw   | 0.00                      |
| 09191  | Nectarines, raw   | 0.00                      |
| 09193  | Olives, ripe, canned (small-extra large)  | 0.00                      |
| 09194  | Olives, ripe, canned (jumbo-super colossal)   | 0.00                      |
| 09195  | Olives, pickled, canned or bottled, green   | 0.00                      |
| 09200  | Oranges, raw, all commercial varieties  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 09203  | Oranges, raw, Florida  | 0.00                      |
| 09205  | Oranges, raw, with peel  | 0.00                      |
| 09206  | Orange juice, raw  | 0.00                      |
| 09207  | Orange juice, canned, unsweetened  | 0.00                      |
| 09209  | Orange juice, chilled, includes from concentrate   | 0.00                      |
| 09210  | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D             | 0.00                      |
| 09211  | Orange juice, chilled, includes from concentrate, with added calcium                           | 0.00                      |
| 09212  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium | 0.00                      |
| 09213  | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium                   | 0.00                      |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted                                       | 0.00                      |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                     | 0.00                      |
| 09217  | Orange-grapefruit juice, canned or bottled, unsweetened  | 0.00                      |
| 09218  | Tangerines, (mandarin oranges), raw  | 0.00                      |
| 09219  | Tangerines, (mandarin oranges), canned, juice pack   | 0.00                      |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack                                       | 0.00                      |
| 09221  | Tangerine juice, raw   | 0.00                      |
| 09223  | Tangerine juice, canned, sweetened   | 0.00                      |
| 09226  | Papayas, raw   | 0.00                      |
| 09229  | Papaya nectar, canned  | 0.00                      |
| 09231  | Passion-fruit, (granadilla), purple, raw   | 0.00                      |
| 09232  | Passion-fruit juice, purple, raw   | 0.00                      |
| 09233  | Passion-fruit juice, yellow, raw   | 0.00                      |
| 09236  | Peaches, yellow, raw   | 0.00                      |
| 09237  | Peaches, canned, water pack, solids and liquids  | 0.00                      |
| 09238  | Peaches, canned, juice pack, solids and liquids  | 0.00                      |
| 09240  | Peaches, canned, light syrup pack, solids and liquids  | 0.00                      |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids  | 0.00                      |
| 09243  | Peaches, spiced, canned, heavy syrup pack, solids and liquids                                  | 0.00                      |
| 09246  | Peaches, dried, sulfured, uncooked   | 0.00                      |
| 09247  | Peaches, dried, sulfured, stewed, without added sugar  | 0.00                      |
| 09250  | Peaches, frozen, sliced, sweetened   | 0.00                      |
| 09251  | Peach nectar, canned, without added ascorbic acid  | 0.00                      |
| 09252  | Pears, raw   | 0.00                      |
| 09253  | Pears, canned, water pack, solids and liquids  | 0.00                      |
| 09254  | Pears, canned, juice pack, solids and liquids  | 0.00                      |
| 09256  | Pears, canned, light syrup pack, solids and liquids  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                           | 0.00                      |
| 09259  | Pears, dried, sulfured, uncooked  | 0.00                      |
| 09260  | Pears, dried, sulfured, stewed, without added sugar                           | 0.00                      |
| 09262  | Pear nectar, canned, without added ascorbic acid                              | 0.00                      |
| 09263  | Persimmons, japanese, raw   | 0.00                      |
| 09266  | Pineapple, raw, all varieties   | 0.00                      |
| 09267  | Pineapple, canned, water pack, solids and liquids                             | 0.00                      |
| 09268  | Pineapple, canned, juice pack, solids and liquids                             | 0.00                      |
| 09269  | Pineapple, canned, light syrup pack, solids and liquids                       | 0.00                      |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                       | 0.00                      |
| 09272  | Pineapple, frozen, chunks, sweetened  | 0.00                      |
| 09273  | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid  | 0.00                      |
| 09274  | Pineapple juice, frozen concentrate, unsweetened, undiluted                   | 0.00                      |
| 09275  | Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water | 0.00                      |
| 09277  | Plantains, raw  | 0.00                      |
| 09278  | Plantains, cooked   | 0.00                      |
| 09279  | Plums, raw  | 0.00                      |
| 09281  | Plums, canned, purple, water pack, solids and liquids                         | 0.00                      |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                         | 0.00                      |
| 09283  | Plums, canned, purple, light syrup pack, solids and liquids                   | 0.00                      |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                   | 0.00                      |
| 09286  | Pomegranates, raw   | 0.00                      |
| 09291  | Plums, dried (prunes), uncooked   | 0.00                      |
| 09292  | Plums, dried (prunes), stewed, without added sugar                            | 0.00                      |
| 09294  | Prune juice, canned   | 0.00                      |
| 09297  | Raisins, golden seedless  | 0.00                      |
| 09298  | Raisins, seedless   | 0.00                      |
| 09302  | Raspberries, raw  | 0.00                      |
| 09304  | Raspberries, canned, red, heavy syrup pack, solids and liquids                | 0.00                      |
| 09306  | Raspberries, frozen, red, sweetened   | 0.00                      |
| 09307  | Rhubarb, raw  | 0.00                      |
| 09309  | Rhubarb, frozen, uncooked   | 0.00                      |
| 09310  | Rhubarb, frozen, cooked, with sugar   | 0.00                      |
| 09315  | Soursop, raw  | 0.00                      |
| 09316  | Strawberries, raw   | 0.00                      |
| 09317  | Strawberries, canned, heavy syrup pack, solids and liquids                    | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 09318  | Strawberries, frozen, unsweetened   | 0.00                      |
| 09319  | Strawberries, frozen, sweetened, whole  | 0.00                      |
| 09320  | Strawberries, frozen, sweetened, sliced   | 0.00                      |
| 09322  | Tamarinds, raw  | 0.00                      |
| 09326  | Watermelon, raw   | 0.00                      |
| 09328  | Maraschino cherries, canned, drained  | 0.00                      |
| 09340  | Pears, asian, raw   | 0.00                      |
| 09351  | Fruit cocktail, canned, heavy syrup, drained  | 0.00                      |
| 09352  | Blueberries, canned, light syrup, drained   | 0.00                      |
| 09354  | Pineapple, canned, juice pack, drained  | 0.00                      |
| 09357  | Apricots, canned, heavy syrup, drained  | 0.00                      |
| 09367  | Cherries, sweet, canned, pitted, heavy syrup, drained   | 0.00                      |
| 09370  | Peaches, canned, heavy syrup, drained   | 0.00                      |
| 09374  | Pears, canned, heavy syrup, drained   | 0.00                      |
| 09379  | Plums, canned, heavy syrup, drained   | 0.00                      |
| 09383  | Tangerines, (mandarin oranges), canned, juice pack, drained                                   | 0.00                      |
| 09400  | Apple juice, canned or bottled, unsweetened, with added ascorbic acid                         | 0.00                      |
| 09409  | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid                     | 0.00                      |
| 09434  | Guanabana nectar, canned  | 0.00                      |
| 09436  | Mango nectar, canned  | 0.00                      |
| 09442  | Pomegranate juice, bottled  | 0.00                      |
| 09443  | Juice, apple and grape blend, with added ascorbic acid  | 0.00                      |
| 09444  | Juice, apple, grape and pear blend, with added ascorbic acid and calcium                      | 0.00                      |
| 09452  | Orange Pineapple Juice Blend  | 0.00                      |
| 09506  | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E     | 0.00                      |
| 09508  | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE  | 0.00                      |
| 09510  | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E    | 0.00                      |
| 09512  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium             | 0.00                      |
| 09513  | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD   | 0.00                      |
| 09515  | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS   | 0.00                      |
| 09516  | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana                                      | 0.00                      |
| 09517  | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium | 0.00                      |
| 09518  | Raspberries, frozen, unsweetened  | 0.00                      |
| 09519  | Guava nectar, with sucralose, canned  | 0.00                      |
| 09520  | Kiwifruit, ZESPRI SunGold, raw  | 0.00                      |
| 09522  | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium                  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 09530  | Fruit juice smoothie, ODWALLA, strawberry banana   | 0.00                      |
| 09531  | Fruit juice smoothie, NAKED JUICE, strawberry banana   | 0.00                      |
| 10000  | Pork, fresh, composite of separable fat, with added solution, cooked   | 0.00                      |
| 10001  | Pork, fresh, carcass, separable lean and fat, raw  | 0.00                      |
| 10002  | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw                                  | 0.00                      |
| 10003  | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 0.00                      |
| 10004  | Pork, fresh, backfat, raw  | 0.00                      |
| 10005  | Pork, fresh, belly, raw  | 0.00                      |
| 10006  | Pork, fresh, separable fat, raw  | 0.00                      |
| 10007  | Pork, fresh, separable fat, cooked   | 0.00                      |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted   | 0.00                      |
| 10010  | Pork, fresh, leg (ham), whole, separable lean only, raw  | 0.00                      |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted  | 0.00                      |
| 10012  | Pork, fresh, leg (ham), rump half, separable lean and fat, raw   | 0.00                      |
| 10013  | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted   | 0.00                      |
| 10014  | Pork, fresh, leg (ham), rump half, separable lean only, raw  | 0.00                      |
| 10015  | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted  | 0.00                      |
| 10016  | Pork, fresh, leg (ham), shank half, separable lean and fat, raw  | 0.00                      |
| 10017  | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted  | 0.00                      |
| 10018  | Pork, fresh, leg (ham), shank half, separable lean only, raw   | 0.00                      |
| 10019  | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted   | 0.00                      |
| 10020  | Pork, fresh, loin, whole, separable lean and fat, raw  | 0.00                      |
| 10021  | Pork, fresh, loin, whole, separable lean and fat, cooked, braised  | 0.00                      |
| 10022  | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled  | 0.00                      |
| 10023  | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted  | 0.00                      |
| 10024  | Pork, fresh, loin, whole, separable lean only, raw   | 0.00                      |
| 10025  | Pork, fresh, loin, whole, separable lean only, cooked, braised   | 0.00                      |
| 10026  | Pork, fresh, loin, whole, separable lean only, cooked, broiled   | 0.00                      |
| 10027  | Pork, fresh, loin, whole, separable lean only, cooked, roasted   | 0.00                      |
| 10028  | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw   | 0.00                      |
| 10029  | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised   | 0.00                      |
| 10030  | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled   | 0.00                      |
| 10031  | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted  | 0.00                      |
| 10032  | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw  | 0.00                      |
| 10033  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised  | 0.00                      |
| 10034  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 10035  | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted          | 0.00                      |
| 10036  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw              | 0.00                      |
| 10037  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised  | 0.00                      |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled  | 0.00                      |
| 10039  | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted | 0.00                      |
| 10040  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw                 | 0.00                      |
| 10041  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised     | 0.00                      |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled     | 0.00                      |
| 10043  | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted    | 0.00                      |
| 10044  | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw     | 0.00                      |
| 10045  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised   | 0.00                      |
| 10046  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled   | 0.00                      |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted  | 0.00                      |
| 10048  | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw        | 0.00                      |
| 10049  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised      | 0.00                      |
| 10050  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled      | 0.00                      |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted     | 0.00                      |
| 10052  | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw        | 0.00                      |
| 10053  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised      | 0.00                      |
| 10054  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled      | 0.00                      |
| 10055  | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted     | 0.00                      |
| 10056  | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw           | 0.00                      |
| 10057  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised         | 0.00                      |
| 10058  | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled         | 0.00                      |
| 10059  | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted        | 0.00                      |
| 10060  | Pork, fresh, loin, tenderloin, separable lean only, raw                                   | 0.00                      |
| 10061  | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted                       | 0.00                      |
| 10062  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw                | 0.00                      |
| 10063  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised    | 0.00                      |
| 10064  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled    | 0.00                      |
| 10065  | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted   | 0.00                      |
| 10066  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw                   | 0.00                      |
| 10067  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised       | 0.00                      |
| 10068  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled       | 0.00                      |
| 10069  | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted      | 0.00                      |
| 10070  | Pork, fresh, shoulder, whole, separable lean and fat, raw                                 | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 10071  | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted                                | 0.00                      |
| 10073  | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted                                   | 0.00                      |
| 10074  | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw                                       | 0.00                      |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                           | 0.00                      |
| 10077  | Pork, fresh, shoulder, arm picnic, separable lean only, raw  | 0.00                      |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                              | 0.00                      |
| 10080  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw                    | 0.00                      |
| 10081  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised        | 0.00                      |
| 10082  | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled               | 0.00                      |
| 10083  | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted               | 0.00                      |
| 10084  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw                       | 0.00                      |
| 10085  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised           | 0.00                      |
| 10086  | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled                  | 0.00                      |
| 10087  | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted                  | 0.00                      |
| 10088  | Pork, fresh, spareribs, separable lean and fat, raw  | 0.00                      |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised                                      | 0.00                      |
| 10093  | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked | 0.00                      |
| 10094  | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw                           | 0.00                      |
| 10098  | Pork, fresh, variety meats and by-products, chitterlings, raw  | 0.00                      |
| 10099  | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered                           | 0.00                      |
| 10102  | Pork, fresh, variety meats and by-products, feet, raw  | 0.00                      |
| 10103  | Pork, fresh, variety meats and by-products, heart, raw   | 0.00                      |
| 10105  | Pork, fresh, variety meats and by-products, jowl, raw  | 0.00                      |
| 10119  | Pork, fresh, variety meats and by-products, stomach, raw   | 0.00                      |
| 10120  | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried                    | 0.00                      |
| 10121  | Pork, fresh, variety meats and by-products, tongue, raw  | 0.00                      |
| 10123  | Pork, cured, bacon, unprepared   | 0.00                      |
| 10130  | Canadian bacon, unprepared   | 0.00                      |
| 10132  | Pork, cured, feet, pickled   | 0.00                      |
| 10134  | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted                               | 0.00                      |
| 10136  | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted                                 | 0.00                      |
| 10137  | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated                                | 0.00                      |
| 10141  | Pork, cured, ham, center slice, country-style, separable lean only, raw                              | 0.00                      |
| 10150  | Pork, cured, ham, whole, separable lean and fat, unheated  | 0.00                      |
| 10152  | Pork, cured, ham, whole, separable lean only, unheated   | 0.00                      |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted  | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 10158  | USDA Commodity, pork, canned   | 0.00                      |
| 10163  | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled                         | 0.00                      |
| 10164  | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw                                      | 0.00                      |
| 10165  | Pork, cured, salt pork, raw  | 0.00                      |
| 10166  | Pork, cured, separable fat (from ham and arm picnic), unheated   | 0.00                      |
| 10168  | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted   | 0.00                      |
| 10169  | Pork, cured, shoulder, arm picnic, separable lean only, roasted  | 0.00                      |
| 10173  | Pork, fresh, variety meats and by-products, feet, cooked, simmered   | 0.00                      |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried                            | 0.00                      |
| 10177  | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried                             | 0.00                      |
| 10178  | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried                               | 0.00                      |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried                         | 0.00                      |
| 10180  | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried                          | 0.00                      |
| 10181  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried                              | 0.00                      |
| 10182  | Pork, cured, ham, boneless, extra lean and regular, unheated   | 0.00                      |
| 10183  | Pork, cured, ham, boneless, extra lean and regular, roasted  | 0.00                      |
| 10184  | Pork, cured, ham, extra lean and regular, canned, unheated   | 0.00                      |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted  | 0.00                      |
| 10186  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried                           | 0.00                      |
| 10188  | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 0.00                      |
| 10189  | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled                      | 0.00                      |
| 10192  | Pork, fresh, backribs, separable lean and fat, raw   | 0.00                      |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted   | 0.00                      |
| 10194  | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw                             | 0.00                      |
| 10197  | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried                         | 0.00                      |
| 10199  | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw                                | 0.00                      |
| 10200  | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised                              | 0.00                      |
| 10202  | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried                            | 0.00                      |
| 10204  | Pork, fresh, loin, country-style ribs, separable lean and fat, raw   | 0.00                      |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised                                     | 0.00                      |
| 10206  | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted                            | 0.00                      |
| 10207  | Pork, fresh, loin, country-style ribs, separable lean only, raw  | 0.00                      |
| 10208  | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised  | 0.00                      |
| 10209  | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted                               | 0.00                      |
| 10210  | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw                                | 0.00                      |
| 10211  | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised                              | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 10212  | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled                           | 0.00                      |
| 10213  | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted                          | 0.00                      |
| 10214  | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw                                | 0.00                      |
| 10215  | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised                              | 0.00                      |
| 10216  | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled                              | 0.00                      |
| 10217  | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted                             | 0.00                      |
| 10218  | Pork, fresh, loin, tenderloin, separable lean and fat, raw  | 0.00                      |
| 10220  | Pork, fresh, ground, cooked   | 0.00                      |
| 10222  | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted  | 0.00                      |
| 10224  | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw                                     | 0.00                      |
| 10225  | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw  | 0.00                      |
| 10226  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw            | 0.00                      |
| 10227  | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked         | 0.00                      |
| 10802  | USDA Commodity, pork, cured, ham, boneless, cooked, heated  | 0.00                      |
| 10803  | USDA Commodity, pork, ground, fine/coarse, frozen, cooked   | 0.00                      |
| 10858  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled    | 0.00                      |
| 10859  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled | 0.00                      |
| 10860  | Pork, cured, bacon, cooked, baked   | 0.00                      |
| 10861  | Pork, cured, bacon, cooked, microwaved  | 0.00                      |
| 10862  | Pork, cured, bacon, pre-sliced, cooked, pan-fried   | 0.00                      |
| 10863  | Pork, fresh, variety meats and by-products, stomach, cooked, simmered   | 0.00                      |
| 10864  | Pork, bacon, rendered fat, cooked   | 0.00                      |
| 10865  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted                            | 0.00                      |
| 10866  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated                                   | 0.00                      |
| 10867  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted                           | 0.00                      |
| 10868  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil                         | 0.00                      |
| 10869  | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil                      | 0.00                      |
| 10870  | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil                     | 0.00                      |
| 10871  | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted                       | 0.00                      |
| 10872  | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated                              | 0.00                      |
| 10873  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted                       | 0.00                      |
| 10874  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted                      | 0.00                      |
| 10875  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil                    | 0.00                      |
| 10876  | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted   | 0.00                      |
| 10877  | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted                         | 0.00                      |
| 10878  | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil                        | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 10879  | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted         | 0.00                      |
| 10880  | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated                | 0.00                      |
| 10881  | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted       | 0.00                      |
| 10882  | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil  | 0.00                      |
| 10883  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted    | 0.00                      |
| 10884  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated           | 0.00                      |
| 10885  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated                 | 0.00                      |
| 10886  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated                 | 0.00                      |
| 10887  | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated               | 0.00                      |
| 10888  | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated              | 0.00                      |
| 10889  | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only              | 0.00                      |
| 10890  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated             | 0.00                      |
| 10891  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated            | 0.00                      |
| 10892  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated            | 0.00                      |
| 10893  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated    | 0.00                      |
| 10894  | Pork, cured, ham, separable fat, boneless, heated  | 0.00                      |
| 10895  | Pork, cured, ham, separable fat, boneless, unheated  | 0.00                      |
| 10898  | Pork, pickled pork hocks   | 0.00                      |
| 10899  | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil                       | 0.00                      |
| 10900  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated        | 0.00                      |
| 10901  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated | 0.00                      |
| 10902  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated         | 0.00                      |
| 10903  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated         | 0.00                      |
| 10904  | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated          | 0.00                      |
| 10905  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated          | 0.00                      |
| 10906  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated           | 0.00                      |
| 10907  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated           | 0.00                      |
| 10908  | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated            | 0.00                      |
| 10909  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated             | 0.00                      |
| 10910  | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated              | 0.00                      |
| 10911  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated              | 0.00                      |
| 10912  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated               | 0.00                      |
| 10913  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted        | 0.00                      |
| 10914  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted       | 0.00                      |
| 10915  | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil     | 0.00                      |
| 10916  | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil    | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 10917  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted                          | 0.00                      |
| 10918  | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted                         | 0.00                      |
| 10919  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted                        | 0.00                      |
| 10920  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil                      | 0.00                      |
| 10921  | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil                     | 0.00                      |
| 10922  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted                       | 0.00                      |
| 10923  | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted                       | 0.00                      |
| 10924  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted                      | 0.00                      |
| 10925  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil                    | 0.00                      |
| 10926  | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil                   | 0.00                      |
| 10927  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted              | 0.00                      |
| 10928  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted                     | 0.00                      |
| 10929  | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted   | 0.00                      |
| 10931  | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted  | 0.00                      |
| 10932  | Pork, cured, ham, rump, bone-in, separable lean only, unheated   | 0.00                      |
| 10933  | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted   | 0.00                      |
| 10934  | Pork, cured, ham, shank, bone-in, separable lean only, unheated  | 0.00                      |
| 10935  | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted  | 0.00                      |
| 10936  | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated   | 0.00                      |
| 10937  | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil  | 0.00                      |
| 10938  | Pork, cured, ham, slice, bone-in, separable lean only, unheated  | 0.00                      |
| 10939  | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated   | 0.00                      |
| 10940  | Pork, fresh, spareribs, separable lean and fat, cooked, roasted  | 0.00                      |
| 10942  | Pork, fresh, composite of separable fat, with added solution, raw  | 0.00                      |
| 10943  | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted                           | 0.00                      |
| 10944  | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw  | 0.00                      |
| 10945  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised     | 0.00                      |
| 10946  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw                | 0.00                      |
| 10947  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled           | 0.00                      |
| 10948  | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw                       | 0.00                      |
| 10949  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw                    | 0.00                      |
| 10950  | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled        | 0.00                      |
| 10951  | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw                                    | 0.00                      |
| 10952  | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted                        | 0.00                      |
| 10953  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw              | 0.00                      |
| 10954  | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 10955  | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated                          | 0.00                      |
| 10956  | Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled               | 0.00                      |
| 10957  | Pork, Leg Cap Steak, boneless, separable lean and fat, raw                                 | 0.00                      |
| 10958  | Pork, Shoulder breast, boneless, separable lean and fat, raw                               | 0.00                      |
| 10959  | Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled                   | 0.00                      |
| 10960  | Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled           | 0.00                      |
| 10961  | Pork, Shoulder petite tender, boneless, separable lean and fat, raw                        | 0.00                      |
| 10962  | Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised             | 0.00                      |
| 10963  | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw                         | 0.00                      |
| 10972  | Pork, ground, 84% lean / 16% fat, raw  | 0.00                      |
| 10973  | Pork, ground, 96% lean / 4% fat, raw   | 0.00                      |
| 10974  | Pork, ground, 72% lean / 28% fat, cooked, crumbles   | 0.00                      |
| 10975  | Pork, ground, 84% lean / 16% fat, cooked, crumbles   | 0.00                      |
| 10976  | Pork, ground, 96% lean / 4% fat, cooked, crumbles  | 0.00                      |
| 10977  | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled                                      | 0.00                      |
| 10978  | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled                                      | 0.00                      |
| 10979  | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled                                       | 0.00                      |
| 10980  | Pork loin, fresh, backribs, bone-in, raw, lean only  | 0.00                      |
| 10981  | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only                             | 0.00                      |
| 10982  | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw             | 0.00                      |
| 10983  | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted          | 0.00                      |
| 10984  | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 0.00                      |
| 10985  | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled      | 0.00                      |
| 10986  | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled       | 0.00                      |
| 10987  | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted      | 0.00                      |
| 10988  | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled             | 0.00                      |
| 10989  | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw     | 0.00                      |
| 10990  | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted       | 0.00                      |
| 10991  | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled   | 0.00                      |
| 10992  | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled    | 0.00                      |
| 10993  | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted   | 0.00                      |
| 10994  | Bacon, pre-sliced, reduced/low sodium, unprepared  | 0.00                      |
| 10998  | Canadian bacon, cooked, pan-fried  | 0.00                      |
| 11001  | Alfalfa seeds, sprouted, raw   | 0.00                      |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt                       | 0.00                      |
| 11010  | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt               | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11011  | Asparagus, raw  | 0.00                      |
| 11012  | Asparagus, cooked, boiled, drained  | 0.00                      |
| 11013  | Asparagus, canned, regular pack, solids and liquids                                 | 0.00                      |
| 11015  | Asparagus, canned, drained solids   | 0.00                      |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                            | 0.00                      |
| 11023  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt       | 0.00                      |
| 11025  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt             | 0.00                      |
| 11026  | Bamboo shoots, raw  | 0.00                      |
| 11028  | Bamboo shoots, canned, drained solids   | 0.00                      |
| 11031  | Lima beans, immature seeds, raw   | 0.00                      |
| 11032  | Lima beans, immature seeds, cooked, boiled, drained, without salt                   | 0.00                      |
| 11037  | Lima beans, immature seeds, frozen, fordhook, unprepared                            | 0.00                      |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 0.00                      |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt     | 0.00                      |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 0.00                      |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt           | 0.00                      |
| 11050  | Beans, shellie, canned, solids and liquids  | 0.00                      |
| 11052  | Beans, snap, green, raw   | 0.00                      |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt                           | 0.00                      |
| 11054  | Beans, snap, green, canned, regular pack, solids and liquids                        | 0.00                      |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                            | 0.00                      |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                    | 0.00                      |
| 11080  | Beets, raw  | 0.00                      |
| 11081  | Beets, cooked, boiled, drained  | 0.00                      |
| 11084  | Beets, canned, drained solids   | 0.00                      |
| 11086  | Beet greens, raw  | 0.00                      |
| 11087  | Beet greens, cooked, boiled, drained, without salt                                  | 0.00                      |
| 11090  | Broccoli, raw   | 0.00                      |
| 11091  | Broccoli, cooked, boiled, drained, without salt                                     | 0.00                      |
| 11092  | Broccoli, frozen, chopped, unprepared   | 0.00                      |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt                    | 0.00                      |
| 11095  | Broccoli, frozen, spears, cooked, boiled, drained, without salt                     | 0.00                      |
| 11096  | Broccoli raab, raw  | 0.00                      |
| 11097  | Broccoli raab, cooked   | 0.00                      |
| 11098  | Brussels sprouts, raw   | 0.00                      |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                             | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt    | 0.00                      |
| 11104  | Burdock root, raw  | 0.00                      |
| 11105  | Burdock root, cooked, boiled, drained, without salt                | 0.00                      |
| 11109  | Cabbage, raw   | 0.00                      |
| 11110  | Cabbage, cooked, boiled, drained, without salt                     | 0.00                      |
| 11112  | Cabbage, red, raw  | 0.00                      |
| 11113  | Cabbage, red, cooked, boiled, drained, without salt                | 0.00                      |
| 11114  | Cabbage, savoy, raw  | 0.00                      |
| 11116  | Cabbage, chinese (pak-choi), raw                                   | 0.00                      |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 0.00                      |
| 11118  | Cabbage, kimchi  | 0.00                      |
| 11119  | Cabbage, chinese (pe-tsai), raw                                    | 0.00                      |
| 11124  | Carrots, raw   | 0.00                      |
| 11125  | Carrots, cooked, boiled, drained, without salt                     | 0.00                      |
| 11128  | Carrots, canned, regular pack, drained solids                      | 0.00                      |
| 11130  | Carrots, frozen, unprepared  | 0.00                      |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt             | 0.00                      |
| 11134  | Cassava, raw   | 0.00                      |
| 11135  | Cauliflower, raw   | 0.00                      |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                 | 0.00                      |
| 11137  | Cauliflower, frozen, unprepared                                    | 0.00                      |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt         | 0.00                      |
| 11141  | Celeriac, raw  | 0.00                      |
| 11143  | Celery, raw  | 0.00                      |
| 11144  | Celery, cooked, boiled, drained, without salt                      | 0.00                      |
| 11147  | Chard, swiss, raw  | 0.00                      |
| 11148  | Chard, swiss, cooked, boiled, drained, without salt                | 0.00                      |
| 11149  | Chayote, fruit, raw  | 0.00                      |
| 11150  | Chayote, fruit, cooked, boiled, drained, without salt              | 0.00                      |
| 11152  | Chicory greens, raw  | 0.00                      |
| 11156  | Chives, raw  | 0.00                      |
| 11158  | Chrysanthemum, garland, cooked, boiled, drained, without salt      | 0.00                      |
| 11161  | Collards, raw  | 0.00                      |
| 11162  | Collards, cooked, boiled, drained, without salt                    | 0.00                      |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt   | 0.00                      |
| 11165  | Coriander (cilantro) leaves, raw                                   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11167  | Corn, sweet, yellow, raw   | 0.00                      |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                         | 0.00                      |
| 11170  | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids          | 0.00                      |
| 11172  | Corn, sweet, yellow, canned, whole kernel, drained solids                          | 0.00                      |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                             | 0.00                      |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                             | 0.00                      |
| 11177  | Corn, sweet, yellow, canned, drained solids, rinsed with tap water                 | 0.00                      |
| 11178  | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared                       | 0.00                      |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt    | 0.00                      |
| 11182  | Corn, yellow, whole kernel, frozen, microwaved                                     | 0.00                      |
| 11192  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt         | 0.00                      |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 0.00                      |
| 11197  | Cowpeas, young pods with seeds, raw  | 0.00                      |
| 11203  | Cress, garden, raw   | 0.00                      |
| 11204  | Cress, garden, cooked, boiled, drained, without salt                               | 0.00                      |
| 11205  | Cucumber, with peel, raw   | 0.00                      |
| 11206  | Cucumber, peeled, raw  | 0.00                      |
| 11207  | Dandelion greens, raw  | 0.00                      |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                            | 0.00                      |
| 11209  | Eggplant, raw  | 0.00                      |
| 11210  | Eggplant, cooked, boiled, drained, without salt                                    | 0.00                      |
| 11211  | Edamame, frozen, unprepared  | 0.00                      |
| 11212  | Edamame, frozen, prepared  | 0.00                      |
| 11213  | Endive, raw  | 0.00                      |
| 11214  | Escarole, cooked, boiled, drained, no salt added                                   | 0.00                      |
| 11215  | Garlic, raw  | 0.00                      |
| 11216  | Ginger root, raw   | 0.00                      |
| 11218  | Gourd, white-flowered (calabash), raw  | 0.00                      |
| 11219  | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt            | 0.00                      |
| 11220  | Gourd, dishcloth (towelgourd), raw   | 0.00                      |
| 11221  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt               | 0.00                      |
| 11223  | Drumstick leaves, cooked, boiled, drained, without salt                            | 0.00                      |
| 11224  | Hyacinth-beans, immature seeds, raw  | 0.00                      |
| 11226  | Jerusalem-artichokes, raw  | 0.00                      |
| 11232  | Jute, potherb, cooked, boiled, drained, without salt                               | 0.00                      |
| 11233  | Kale, raw  | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11234  | Kale, cooked, boiled, drained, without salt                   | 0.00                      |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt           | 0.00                      |
| 11237  | Kanpyo, (dried gourd strips)                                  | 0.00                      |
| 11241  | Kohlrabi, raw   | 0.00                      |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt               | 0.00                      |
| 11243  | Mushrooms, portabella, grilled                                | 0.00                      |
| 11245  | Lambsquarters, cooked, boiled, drained, without salt          | 0.00                      |
| 11246  | Leeks, (bulb and lower leaf-portion), raw                     | 0.00                      |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw     | 0.00                      |
| 11251  | Lettuce, cos or romaine, raw                                  | 0.00                      |
| 11252  | Lettuce, iceberg (includes crisphead types), raw              | 0.00                      |
| 11253  | Lettuce, green leaf, raw                                      | 0.00                      |
| 11254  | Lotus root, raw   | 0.00                      |
| 11255  | Lotus root, cooked, boiled, drained, without salt             | 0.00                      |
| 11257  | Lettuce, red leaf, raw  | 0.00                      |
| 11258  | Mountain yam, hawaii, raw                                     | 0.00                      |
| 11260  | Mushrooms, white, raw   | 0.00                      |
| 11261  | Mushrooms, white, cooked, boiled, drained, without salt       | 0.00                      |
| 11263  | Mushrooms, white, stir-fried                                  | 0.00                      |
| 11264  | Mushrooms, canned, drained solids                             | 0.00                      |
| 11265  | Mushrooms, portabella, raw                                    | 0.00                      |
| 11267  | Mushrooms, shiitake, stir-fried                               | 0.00                      |
| 11268  | Mushrooms, shiitake, dried                                    | 0.00                      |
| 11269  | Mushrooms, shiitake, cooked, without salt                     | 0.00                      |
| 11270  | Mustard greens, raw   | 0.00                      |
| 11271  | Mustard greens, cooked, boiled, drained, without salt         | 0.00                      |
| 11273  | Mustard greens, frozen, cooked, boiled, drained, without salt | 0.00                      |
| 11276  | New Zealand spinach, raw                                      | 0.00                      |
| 11277  | New Zealand spinach, cooked, boiled, drained, without salt    | 0.00                      |
| 11278  | Okra, raw   | 0.00                      |
| 11279  | Okra, cooked, boiled, drained, without salt                   | 0.00                      |
| 11280  | Okra, frozen, unprepared                                      | 0.00                      |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt           | 0.00                      |
| 11282  | Onions, raw   | 0.00                      |
| 11283  | Onions, cooked, boiled, drained, without salt                 | 0.00                      |
| 11284  | Onions, dehydrated flakes                                     | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11285  | Onions, canned, solids and liquids   | 0.00                      |
| 11288  | Onions, frozen, chopped, cooked, boiled, drained, without salt                   | 0.00                      |
| 11289  | Onions, frozen, whole, unprepared  | 0.00                      |
| 11290  | Onions, frozen, whole, cooked, boiled, drained, without salt                     | 0.00                      |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                        | 0.00                      |
| 11292  | Onions, young green, tops only   | 0.00                      |
| 11294  | Onions, sweet, raw   | 0.00                      |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                | 0.00                      |
| 11297  | Parsley, fresh   | 0.00                      |
| 11298  | Parsnips, raw  | 0.00                      |
| 11299  | Parsnips, cooked, boiled, drained, without salt                                  | 0.00                      |
| 11300  | Peas, edible-podded, raw   | 0.00                      |
| 11301  | Peas, edible-podded, boiled, drained, without salt                               | 0.00                      |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt               | 0.00                      |
| 11304  | Peas, green, raw   | 0.00                      |
| 11305  | Peas, green, cooked, boiled, drained, without salt                               | 0.00                      |
| 11306  | Peas, green, canned, regular pack, solids and liquids                            | 0.00                      |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 0.00                      |
| 11311  | Peas, green, canned, drained solids, rinsed in tap water                         | 0.00                      |
| 11312  | Peas, green, frozen, unprepared  | 0.00                      |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                       | 0.00                      |
| 11323  | Peas and carrots, frozen, cooked, boiled, drained, without salt                  | 0.00                      |
| 11327  | Peas and onions, frozen, cooked, boiled, drained, without salt                   | 0.00                      |
| 11329  | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids     | 0.00                      |
| 11333  | Peppers, sweet, green, raw   | 0.00                      |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                     | 0.00                      |
| 11344  | Pigeonpeas, immature seeds, raw  | 0.00                      |
| 11345  | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt                | 0.00                      |
| 11349  | Poi  | 0.00                      |
| 11351  | Pokeberry shoots, (poke), cooked, boiled, drained, without salt                  | 0.00                      |
| 11352  | Potatoes, flesh and skin, raw  | 0.00                      |
| 11353  | Potatoes, russet, flesh and skin, raw  | 0.00                      |
| 11354  | Potatoes, white, flesh and skin, raw   | 0.00                      |
| 11355  | Potatoes, red, flesh and skin, raw   | 0.00                      |
| 11356  | Potatoes, Russet, flesh and skin, baked  | 0.00                      |
| 11357  | Potatoes, white, flesh and skin, baked   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11358  | Potatoes, red, flesh and skin, baked  | 0.00                      |
| 11359  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased  | 0.00                      |
| 11360  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated   | 0.00                      |
| 11363  | Potatoes, baked, flesh, without salt  | 0.00                      |
| 11364  | Potatoes, baked, skin, without salt   | 0.00                      |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt   | 0.00                      |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                      | 0.00                      |
| 11370  | Potatoes, hash brown, home-prepared   | 0.00                      |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                                 | 0.00                      |
| 11378  | Potatoes, mashed, dehydrated, flakes without milk, dry form                                     | 0.00                      |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added    | 0.00                      |
| 11380  | Potatoes, mashed, dehydrated, granules without milk, dry form                                   | 0.00                      |
| 11382  | Potatoes, mashed, dehydrated, granules with milk, dry form                                      | 0.00                      |
| 11383  | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added       | 0.00                      |
| 11391  | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil                          | 0.00                      |
| 11394  | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased              | 0.00                      |
| 11395  | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated               | 0.00                      |
| 11398  | Potato puffs, frozen, unprepared  | 0.00                      |
| 11399  | Potato puffs, frozen, oven-heated   | 0.00                      |
| 11400  | Potatoes, frozen, whole, unprepared   | 0.00                      |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 0.00                      |
| 11411  | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased             | 0.00                      |
| 11412  | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated              | 0.00                      |
| 11413  | Potato flour  | 0.00                      |
| 11417  | Pumpkin flowers, cooked, boiled, drained, without salt  | 0.00                      |
| 11419  | Pumpkin leaves, cooked, boiled, drained, without salt   | 0.00                      |
| 11422  | Pumpkin, raw  | 0.00                      |
| 11423  | Pumpkin, cooked, boiled, drained, without salt  | 0.00                      |
| 11424  | Pumpkin, canned, without salt   | 0.00                      |
| 11427  | Purslane, raw   | 0.00                      |
| 11429  | Radishes, raw   | 0.00                      |
| 11430  | Radishes, oriental, raw   | 0.00                      |
| 11431  | Radishes, oriental, cooked, boiled, drained, without salt                                       | 0.00                      |
| 11432  | Radishes, oriental, dried   | 0.00                      |
| 11435  | Rutabagas, raw  | 0.00                      |
| 11436  | Rutabagas, cooked, boiled, drained, without salt  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11438  | Salsify, cooked, boiled, drained, without salt  | 0.00                      |
| 11439  | Sauerkraut, canned, solids and liquids  | 0.00                      |
| 11442  | Seaweed, agar, raw  | 0.00                      |
| 11444  | Seaweed, irishmoss, raw   | 0.00                      |
| 11445  | Seaweed, kelp, raw  | 0.00                      |
| 11446  | Seaweed, laver, raw   | 0.00                      |
| 11450  | Soybeans, green, raw  | 0.00                      |
| 11453  | Soybeans, mature seeds, sprouted, cooked, steamed   | 0.00                      |
| 11457  | Spinach, raw  | 0.00                      |
| 11458  | Spinach, cooked, boiled, drained, without salt  | 0.00                      |
| 11459  | Spinach, canned, regular pack, solids and liquids   | 0.00                      |
| 11461  | Spinach, canned, regular pack, drained solids   | 0.00                      |
| 11463  | Spinach, frozen, chopped or leaf, unprepared  | 0.00                      |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt                   | 0.00                      |
| 11467  | Squash, summer, crookneck and straightneck, raw   | 0.00                      |
| 11468  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt         | 0.00                      |
| 11471  | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt          | 0.00                      |
| 11474  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 0.00                      |
| 11475  | Squash, summer, scallop, raw  | 0.00                      |
| 11476  | Squash, summer, scallop, cooked, boiled, drained, without salt                            | 0.00                      |
| 11477  | Squash, summer, zucchini, includes skin, raw  | 0.00                      |
| 11478  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt            | 0.00                      |
| 11480  | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt    | 0.00                      |
| 11485  | Squash, winter, butternut, raw  | 0.00                      |
| 11487  | Squash, winter, butternut, frozen, unprepared   | 0.00                      |
| 11489  | Squash, winter, hubbard, raw  | 0.00                      |
| 11490  | Squash, winter, hubbard, baked, without salt  | 0.00                      |
| 11491  | Squash, winter, hubbard, cooked, boiled, mashed, without salt                             | 0.00                      |
| 11492  | Squash, winter, spaghetti, raw  | 0.00                      |
| 11493  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt                | 0.00                      |
| 11502  | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt                | 0.00                      |
| 11506  | Sweet potato leaves, cooked, steamed, without salt  | 0.00                      |
| 11507  | Sweet potato, raw, unprepared   | 0.00                      |
| 11508  | Sweet potato, cooked, baked in skin, flesh, without salt                                  | 0.00                      |
| 11510  | Sweet potato, cooked, boiled, without skin  | 0.00                      |
| 11512  | Sweet potato, canned, vacuum pack   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11514  | Sweet potato, canned, mashed  | 0.00                      |
| 11517  | Sweet potato, frozen, cooked, baked, without salt                           | 0.00                      |
| 11518  | Taro, raw   | 0.00                      |
| 11519  | Taro, cooked, without salt  | 0.00                      |
| 11520  | Taro leaves, raw  | 0.00                      |
| 11527  | Tomatoes, green, raw  | 0.00                      |
| 11529  | Tomatoes, red, ripe, raw, year round average                                | 0.00                      |
| 11530  | Tomatoes, red, ripe, cooked   | 0.00                      |
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice                         | 0.00                      |
| 11533  | Tomatoes, red, ripe, canned, stewed   | 0.00                      |
| 11540  | Tomato juice, canned, with salt added                                       | 0.00                      |
| 11546  | Tomato products, canned, paste, without salt added                          | 0.00                      |
| 11547  | Tomato products, canned, puree, without salt added                          | 0.00                      |
| 11549  | Tomato products, canned, sauce  | 0.00                      |
| 11551  | Tomato products, canned, sauce, with mushrooms                              | 0.00                      |
| 11557  | Tomato products, canned, sauce, with onions, green peppers, and celery      | 0.00                      |
| 11564  | Turnips, raw  | 0.00                      |
| 11565  | Turnips, cooked, boiled, drained, without salt                              | 0.00                      |
| 11567  | Turnips, frozen, cooked, boiled, drained, without salt                      | 0.00                      |
| 11568  | Turnip greens, raw  | 0.00                      |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                        | 0.00                      |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                | 0.00                      |
| 11577  | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt    | 0.00                      |
| 11578  | Vegetable juice cocktail, canned  | 0.00                      |
| 11581  | Vegetables, mixed, canned, drained solids                                   | 0.00                      |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt            | 0.00                      |
| 11585  | Vegetable juice cocktail, low sodium, canned                                | 0.00                      |
| 11588  | Waterchestnuts, chinese, (matai), raw                                       | 0.00                      |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                         | 0.00                      |
| 11591  | Watercress, raw   | 0.00                      |
| 11594  | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt | 0.00                      |
| 11595  | Winged beans, immature seeds, raw   | 0.00                      |
| 11601  | Yam, raw  | 0.00                      |
| 11602  | Yam, cooked, boiled, drained, or baked, without salt                        | 0.00                      |
| 11603  | Yambean (jicama), raw   | 0.00                      |
| 11609  | Beets, pickled, canned, solids and liquids                                  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11626  | Beans, mung, mature seeds, sprouted, canned, drained solids                      | 0.00                      |
| 11632  | Peppers, jalapeno, canned, solids and liquids                                    | 0.00                      |
| 11634  | Peppers, sweet, green, freeze-dried  | 0.00                      |
| 11640  | Shallots, freeze-dried   | 0.00                      |
| 11641  | Squash, summer, all varieties, raw   | 0.00                      |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt             | 0.00                      |
| 11643  | Squash, winter, all varieties, raw   | 0.00                      |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                       | 0.00                      |
| 11645  | Sweet potato, canned, syrup pack, solids and liquids                             | 0.00                      |
| 11647  | Sweet potato, canned, syrup pack, drained solids                                 | 0.00                      |
| 11655  | Carrot juice, canned   | 0.00                      |
| 11656  | Corn pudding, home prepared  | 0.00                      |
| 11657  | Potatoes, mashed, home-prepared, whole milk added                                | 0.00                      |
| 11658  | Spinach souffle  | 0.00                      |
| 11659  | Sweet potato, cooked, candied, home-prepared                                     | 0.00                      |
| 11667  | Seaweed, spirulina, dried  | 0.00                      |
| 11669  | Seaweed, wakame, raw   | 0.00                      |
| 11670  | Peppers, hot chili, green, raw   | 0.00                      |
| 11672  | Potato pancakes  | 0.00                      |
| 11674  | Potatoes, baked, flesh and skin, without salt                                    | 0.00                      |
| 11677  | Shallots, raw  | 0.00                      |
| 11683  | Carrot, dehydrated   | 0.00                      |
| 11693  | Tomatoes, crushed, canned  | 0.00                      |
| 11702  | Artichokes, (globe or french), cooked, boiled, drained, with salt                | 0.00                      |
| 11703  | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt        | 0.00                      |
| 11705  | Asparagus, cooked, boiled, drained, with salt                                    | 0.00                      |
| 11707  | Asparagus, canned, no salt added, solids and liquids                             | 0.00                      |
| 11709  | Asparagus, frozen, cooked, boiled, drained, with salt                            | 0.00                      |
| 11710  | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt       | 0.00                      |
| 11711  | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt             | 0.00                      |
| 11714  | Lima beans, immature seeds, cooked, boiled, drained, with salt                   | 0.00                      |
| 11715  | Lima beans, immature seeds, canned, no salt added, solids and liquids            | 0.00                      |
| 11716  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt     | 0.00                      |
| 11717  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt | 0.00                      |
| 11718  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt           | 0.00                      |
| 11722  | Beans, snap, yellow, raw   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11723  | Beans, snap, green, cooked, boiled, drained, with salt                          | 0.00                      |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt                      | 0.00                      |
| 11727  | Beans, snap, yellow, canned, regular pack, solids and liquids                   | 0.00                      |
| 11728  | Beans, snap, yellow, canned, no salt added, solids and liquids                  | 0.00                      |
| 11729  | Beans, snap, green, canned, no salt added, drained solids                       | 0.00                      |
| 11730  | Beans, snap, yellow, frozen, all styles, unprepared                             | 0.00                      |
| 11731  | Beans, snap, green, frozen, cooked, boiled, drained, with salt                  | 0.00                      |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt              | 0.00                      |
| 11733  | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt                 | 0.00                      |
| 11735  | Beets, canned, no salt added, solids and liquids                                | 0.00                      |
| 11740  | Broccoli, flower clusters, raw  | 0.00                      |
| 11745  | Brussels sprouts, cooked, boiled, drained, with salt                            | 0.00                      |
| 11746  | Brussels sprouts, frozen, cooked, boiled, drained, with salt                    | 0.00                      |
| 11747  | Burdock root, cooked, boiled, drained, with salt                                | 0.00                      |
| 11752  | Cabbage, red, cooked, boiled, drained, with salt                                | 0.00                      |
| 11754  | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt                 | 0.00                      |
| 11757  | Carrots, cooked, boiled, drained, with salt                                     | 0.00                      |
| 11758  | Carrots, canned, no salt added, solids and liquids                              | 0.00                      |
| 11760  | Carrots, frozen, cooked, boiled, drained, with salt                             | 0.00                      |
| 11762  | Cauliflower, frozen, cooked, boiled, drained, with salt                         | 0.00                      |
| 11765  | Chard, swiss, cooked, boiled, drained, with salt                                | 0.00                      |
| 11766  | Chayote, fruit, cooked, boiled, drained, with salt                              | 0.00                      |
| 11767  | Chrysanthemum, garland, cooked, boiled, drained, with salt                      | 0.00                      |
| 11768  | Collards, cooked, boiled, drained, with salt                                    | 0.00                      |
| 11769  | Collards, frozen, chopped, cooked, boiled, drained, with salt                   | 0.00                      |
| 11770  | Corn, sweet, yellow, cooked, boiled, drained, with salt                         | 0.00                      |
| 11771  | Corn, sweet, yellow, canned, no salt added, solids and liquids                  | 0.00                      |
| 11773  | Corn, sweet, yellow, canned, vacuum pack, no salt added                         | 0.00                      |
| 11777  | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt         | 0.00                      |
| 11778  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt | 0.00                      |
| 11781  | Cress, garden, cooked, boiled, drained, with salt                               | 0.00                      |
| 11784  | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt            | 0.00                      |
| 11785  | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt               | 0.00                      |
| 11786  | Drumstick leaves, cooked, boiled, drained, with salt                            | 0.00                      |
| 11789  | Jute, potherb, cooked, boiled, drained, with salt                               | 0.00                      |
| 11790  | Kale, cooked, boiled, drained, with salt  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 11791  | Kale, frozen, cooked, boiled, drained, with salt                                      | 0.00                      |
| 11793  | Kohlrabi, cooked, boiled, drained, with salt  | 0.00                      |
| 11794  | Lambsquarters, cooked, boiled, drained, with salt                                     | 0.00                      |
| 11797  | Mushrooms, white, cooked, boiled, drained, with salt                                  | 0.00                      |
| 11798  | Mushrooms, shiitake, cooked, with salt  | 0.00                      |
| 11799  | Mustard greens, cooked, boiled, drained, with salt                                    | 0.00                      |
| 11802  | New zealand spinach, cooked, boiled, drained, with salt                               | 0.00                      |
| 11803  | Okra, cooked, boiled, drained, with salt  | 0.00                      |
| 11804  | Okra, frozen, cooked, boiled, drained, with salt                                      | 0.00                      |
| 11805  | Onions, cooked, boiled, drained, with salt  | 0.00                      |
| 11806  | Onions, frozen, chopped, cooked, boiled, drained, with salt                           | 0.00                      |
| 11807  | Onions, frozen, whole, cooked, boiled, drained, with salt                             | 0.00                      |
| 11812  | Peas, green, canned, no salt added, solids and liquids                                | 0.00                      |
| 11814  | Peas, green, frozen, cooked, boiled, drained, with salt                               | 0.00                      |
| 11816  | Peas and carrots, canned, no salt added, solids and liquids                           | 0.00                      |
| 11817  | Peas and carrots, frozen, cooked, boiled, drained, with salt                          | 0.00                      |
| 11818  | Peas and onions, frozen, cooked, boiled, drained, with salt                           | 0.00                      |
| 11819  | Peppers, hot chili, red, raw  | 0.00                      |
| 11820  | Peppers, hot chili, red, canned, excluding seeds, solids and liquids                  | 0.00                      |
| 11821  | Peppers, sweet, red, raw  | 0.00                      |
| 11822  | Peppers, sweet, green, cooked, boiled, drained, with salt                             | 0.00                      |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                            | 0.00                      |
| 11825  | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt            | 0.00                      |
| 11826  | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt                        | 0.00                      |
| 11827  | Pokeberry shoots, (poke), cooked, boiled, drained, with salt                          | 0.00                      |
| 11828  | Potatoes, baked, flesh and skin, with salt  | 0.00                      |
| 11829  | Potatoes, baked, flesh, with salt   | 0.00                      |
| 11830  | Potatoes, baked, skin only, with salt   | 0.00                      |
| 11831  | Potatoes, boiled, cooked in skin, flesh, with salt                                    | 0.00                      |
| 11833  | Potatoes, boiled, cooked without skin, flesh, with salt                               | 0.00                      |
| 11841  | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated  | 0.00                      |
| 11842  | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased | 0.00                      |
| 11845  | Pumpkin, cooked, boiled, drained, with salt   | 0.00                      |
| 11846  | Pumpkin, canned, with salt  | 0.00                      |
| 11847  | Pumpkin, flowers, cooked, boiled, drained, with salt                                  | 0.00                      |
| 11848  | Pumpkin leaves, cooked, boiled, drained, with salt                                    | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11851  | Rutabagas, cooked, boiled, drained, with salt  | 0.00                      |
| 11852  | Salsify, cooked, boiled, drained, with salt  | 0.00                      |
| 11854  | Spinach, cooked, boiled, drained, with salt  | 0.00                      |
| 11855  | Spinach, canned, no salt added, solids and liquids                                     | 0.00                      |
| 11856  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt                   | 0.00                      |
| 11857  | Squash, summer, all varieties, cooked, boiled, drained, with salt                      | 0.00                      |
| 11858  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt         | 0.00                      |
| 11859  | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt | 0.00                      |
| 11861  | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt            | 0.00                      |
| 11863  | Squash, winter, all varieties, cooked, baked, with salt                                | 0.00                      |
| 11866  | Squash, winter, butternut, cooked, baked, with salt                                    | 0.00                      |
| 11868  | Squash, winter, hubbard, baked, with salt  | 0.00                      |
| 11869  | Squash, winter, hubbard, cooked, boiled, mashed, with salt                             | 0.00                      |
| 11870  | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt                | 0.00                      |
| 11874  | Sweet potato leaves, cooked, steamed, with salt  | 0.00                      |
| 11875  | Sweet potato, cooked, baked in skin, flesh, with salt                                  | 0.00                      |
| 11876  | Sweet potato, cooked, boiled, without skin, with salt                                  | 0.00                      |
| 11878  | Taro, cooked, with salt  | 0.00                      |
| 11884  | Tomatoes, red, ripe, cooked, with salt   | 0.00                      |
| 11885  | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added                     | 0.00                      |
| 11886  | Tomato juice, canned, without salt added   | 0.00                      |
| 11888  | Tomato products, canned, puree, with salt added  | 0.00                      |
| 11889  | Turnips, cooked, boiled, drained, with salt  | 0.00                      |
| 11890  | Turnips, frozen, cooked, boiled, drained, with salt                                    | 0.00                      |
| 11891  | Turnip greens, cooked, boiled, drained, with salt                                      | 0.00                      |
| 11892  | Turnip greens, frozen, cooked, boiled, drained, with salt                              | 0.00                      |
| 11893  | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt                  | 0.00                      |
| 11897  | Yam, cooked, boiled, drained, or baked, with salt                                      | 0.00                      |
| 11900  | Corn, sweet, white, raw  | 0.00                      |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                              | 0.00                      |
| 11902  | Corn, sweet, white, cooked, boiled, drained, with salt                                 | 0.00                      |
| 11904  | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids            | 0.00                      |
| 11905  | Corn, sweet, white, canned, whole kernel, drained solids                               | 0.00                      |
| 11906  | Corn, sweet, white, canned, cream style, regular pack                                  | 0.00                      |
| 11907  | Corn, sweet, white, canned, cream style, no salt added                                 | 0.00                      |
| 11910  | Corn, sweet, white, frozen, kernels cut off cob, unprepared                            | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11911  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt | 0.00                      |
| 11912  | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt    | 0.00                      |
| 11917  | Peppers, sweet, red, frozen, chopped, unprepared                               | 0.00                      |
| 11918  | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt            | 0.00                      |
| 11919  | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt               | 0.00                      |
| 11921  | Peppers, sweet, red, sauteed   | 0.00                      |
| 11923  | Soybeans, mature seeds, sprouted, cooked, steamed, with salt                   | 0.00                      |
| 11931  | Peppers, sweet, red, freeze-dried  | 0.00                      |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                      | 0.00                      |
| 11934  | Potatoes, mashed, home-prepared, whole milk and butter added                   | 0.00                      |
| 11935  | Catsup   | 0.00                      |
| 11936  | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw       | 0.00                      |
| 11937  | Pickles, cucumber, dill or kosher dill   | 0.00                      |
| 11938  | Mushroom, white, exposed to ultraviolet light, raw                             | 0.00                      |
| 11940  | Pickles, cucumber, sweet (includes bread and butter pickles)                   | 0.00                      |
| 11941  | Pickles, cucumber, sour  | 0.00                      |
| 11943  | Pimento, canned  | 0.00                      |
| 11945  | Pickle relish, sweet   | 0.00                      |
| 11946  | Pickles, cucumber, sour, low sodium  | 0.00                      |
| 11947  | Pickles, cucumber, dill, reduced sodium  | 0.00                      |
| 11948  | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)       | 0.00                      |
| 11949  | Catsup, low sodium   | 0.00                      |
| 11950  | Mushrooms, enoki, raw  | 0.00                      |
| 11952  | Radicchio, raw   | 0.00                      |
| 11954  | Tomatillos, raw  | 0.00                      |
| 11955  | Tomatoes, sun-dried  | 0.00                      |
| 11957  | Fennel, bulb, raw  | 0.00                      |
| 11959  | Arugula, raw   | 0.00                      |
| 11962  | Peppers, hot chile, sun-dried  | 0.00                      |
| 11963  | Nopales, raw   | 0.00                      |
| 11964  | Nopales, cooked, without salt  | 0.00                      |
| 11965  | Cauliflower, green, raw  | 0.00                      |
| 11967  | Cauliflower, green, cooked, no salt added                                      | 0.00                      |
| 11969  | Broccoli, chinese, cooked  | 0.00                      |
| 11973  | Beans, fava, in pod, raw   | 0.00                      |
| 11974  | Grape leaves, raw  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 11975  | Grape leaves, canned   | 0.00                      |
| 11976  | Pepper, banana, raw  | 0.00                      |
| 11977  | Peppers, serrano, raw  | 0.00                      |
| 11979  | Peppers, jalapeno, raw   | 0.00                      |
| 11981  | Peppers, hungarian, raw  | 0.00                      |
| 11983  | Pickles, chowchow, with cauliflower onion mustard, sweet               | 0.00                      |
| 11987  | Mushrooms, oyster, raw   | 0.00                      |
| 11993  | Mushrooms, maitake, raw  | 0.00                      |
| 12014  | Seeds, pumpkin and squash seed kernels, dried                          | 0.00                      |
| 12016  | Seeds, pumpkin and squash seed kernels, roasted, without salt          | 0.00                      |
| 12023  | Seeds, sesame seeds, whole, dried                                      | 0.00                      |
| 12029  | Seeds, sesame seed kernels, toasted, without salt added (decorticated) | 0.00                      |
| 12036  | Seeds, sunflower seed kernels, dried                                   | 0.00                      |
| 12037  | Seeds, sunflower seed kernels, dry roasted, without salt               | 0.00                      |
| 12038  | Seeds, sunflower seed kernels, oil roasted, without salt               | 0.00                      |
| 12061  | Nuts, almonds  | 0.00                      |
| 12062  | Nuts, almonds, blanched  | 0.00                      |
| 12063  | Nuts, almonds, dry roasted, without salt added                         | 0.00                      |
| 12065  | Nuts, almonds, oil roasted, without salt added                         | 0.00                      |
| 12071  | Nuts, almond paste   | 0.00                      |
| 12078  | Nuts, brazilnuts, dried, unblanched                                    | 0.00                      |
| 12085  | Nuts, cashew nuts, dry roasted, without salt added                     | 0.00                      |
| 12086  | Nuts, cashew nuts, oil roasted, without salt added                     | 0.00                      |
| 12104  | Nuts, coconut meat, raw  | 0.00                      |
| 12108  | Nuts, coconut meat, dried (desiccated), not sweetened                  | 0.00                      |
| 12109  | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged    | 0.00                      |
| 12116  | Nuts, coconut cream, canned, sweetened                                 | 0.00                      |
| 12117  | Nuts, coconut milk, raw (liquid expressed from grated meat and water)  | 0.00                      |
| 12119  | Nuts, coconut water (liquid from coconuts)                             | 0.00                      |
| 12120  | Nuts, hazelnuts or filberts  | 0.00                      |
| 12129  | Nuts, ginkgo nuts, canned  | 0.00                      |
| 12131  | Nuts, macadamia nuts, raw  | 0.00                      |
| 12135  | Nuts, mixed nuts, dry roasted, with peanuts, without salt added        | 0.00                      |
| 12142  | Nuts, pecans   | 0.00                      |
| 12147  | Nuts, pine nuts, dried   | 0.00                      |
| 12151  | Nuts, pistachio nuts, raw  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 12152  | Nuts, pistachio nuts, dry roasted, without salt added  | 0.00                      |
| 12154  | Nuts, walnuts, black, dried  | 0.00                      |
| 12155  | Nuts, walnuts, english   | 0.00                      |
| 12157  | Nuts, walnuts, dry roasted, with salt added  | 0.00                      |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)              | 0.00                      |
| 12167  | Nuts, chestnuts, european, roasted   | 0.00                      |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                                    | 0.00                      |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)   | 0.00                      |
| 12220  | Seeds, flaxseed  | 0.00                      |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                               | 0.00                      |
| 12529  | Seeds, sesame seed kernels, toasted, with salt added (decorticated)                            | 0.00                      |
| 12536  | Seeds, sunflower seed kernels from shell, dry roasted, with salt added                         | 0.00                      |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                    | 0.00                      |
| 12538  | Seeds, sunflower seed kernels, oil roasted, with salt added                                    | 0.00                      |
| 12563  | Nuts, almonds, dry roasted, with salt added  | 0.00                      |
| 12565  | Nuts, almonds, oil roasted, with salt added  | 0.00                      |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added  | 0.00                      |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added  | 0.00                      |
| 12588  | Nuts, cashew butter, plain, with salt added  | 0.00                      |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added   | 0.00                      |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                                   | 0.00                      |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added                                   | 0.00                      |
| 12638  | Nuts, mixed nuts, oil roasted, without peanuts, with salt added                                | 0.00                      |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added   | 0.00                      |
| 12665  | Nuts, almonds, oil roasted, lightly salted   | 0.00                      |
| 12695  | Nuts, almond butter, plain, with salt added  | 0.00                      |
| 12698  | Seeds, sesame butter, tahini, type of kernels unspecified                                      | 0.00                      |
| 12737  | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted                                    | 0.00                      |
| 12738  | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted                                 | 0.00                      |
| 13000  | Beef, grass-fed, strip steaks, lean only, raw  | 0.00                      |
| 13019  | Beef, retail cuts, separable fat, raw  | 0.00                      |
| 13020  | Beef, retail cuts, separable fat, cooked   | 0.00                      |
| 13023  | Beef, brisket, whole, separable lean only, all grades, raw                                     | 0.00                      |
| 13047  | Beef, grass-fed, ground, raw   | 0.00                      |
| 13055  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 0.00                      |
| 13065  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw                     | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 13066  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                            | 0.00                      |
| 13067  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                            | 0.00                      |
| 13068  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw   | 0.00                      |
| 13069  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised                               | 0.00                      |
| 13070  | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                               | 0.00                      |
| 13096  | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled        | 0.00                      |
| 13098  | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled           | 0.00                      |
| 13148  | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised   | 0.00                      |
| 13150  | Beef, rib, shortribs, separable lean only, choice, cooked, braised  | 0.00                      |
| 13156  | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                          | 0.00                      |
| 13165  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                      | 0.00                      |
| 13166  | USDA Commodity, beef, canned  | 0.00                      |
| 13231  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw                        | 0.00                      |
| 13232  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled            | 0.00                      |
| 13235  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw                    | 0.00                      |
| 13236  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled        | 0.00                      |
| 13284  | Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw                        | 0.00                      |
| 13285  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 0.00                      |
| 13293  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw    | 0.00                      |
| 13294  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw        | 0.00                      |
| 13317  | Beef, ground, patties, frozen, cooked, broiled  | 0.00                      |
| 13318  | Beef, variety meats and by-products, brain, raw   | 0.00                      |
| 13320  | Beef, variety meats and by-products, brain, cooked, simmered  | 0.00                      |
| 13321  | Beef, variety meats and by-products, heart, raw   | 0.00                      |
| 13322  | Beef, variety meats and by-products, heart, cooked, simmered  | 0.00                      |
| 13323  | Beef, variety meats and by-products, kidneys, raw   | 0.00                      |
| 13324  | Beef, variety meats and by-products, kidneys, cooked, simmered  | 0.00                      |
| 13325  | Beef, variety meats and by-products, liver, raw   | 0.00                      |
| 13326  | Beef, variety meats and by-products, liver, cooked, braised   | 0.00                      |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried   | 0.00                      |
| 13335  | Beef, variety meats and by-products, suet, raw  | 0.00                      |
| 13340  | Beef, variety meats and by-products, tongue, cooked, simmered   | 0.00                      |
| 13341  | Beef, variety meats and by-products, tripe, raw   | 0.00                      |
| 13342  | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw   | 0.00                      |
| 13343  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised                         | 0.00                      |
| 13345  | Beef, cured, breakfast strips, cooked   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 13347  | Beef, cured, corned beef, brisket, cooked  | 0.00                      |
| 13348  | Beef, cured, corned beef, canned   | 0.00                      |
| 13349  | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw                       | 0.00                      |
| 13350  | Beef, cured, dried   | 0.00                      |
| 13351  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 13352  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 13354  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 13355  | Beef, cured, pastrami  | 0.00                      |
| 13356  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 13359  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 13361  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked                            | 0.00                      |
| 13362  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked                                | 0.00                      |
| 13363  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked                                | 0.00                      |
| 13364  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked                               | 0.00                      |
| 13365  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked                                   | 0.00                      |
| 13366  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked                                   | 0.00                      |
| 13367  | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                                     | 0.00                      |
| 13368  | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised  | 0.00                      |
| 13369  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                                 | 0.00                      |
| 13370  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised                                    | 0.00                      |
| 13371  | Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                                | 0.00                      |
| 13372  | Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised                                   | 0.00                      |
| 13373  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                               | 0.00                      |
| 13375  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised                                   | 0.00                      |
| 13377  | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised                                      | 0.00                      |
| 13378  | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised                                      | 0.00                      |
| 13379  | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                                 | 0.00                      |
| 13380  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                 | 0.00                      |
| 13381  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                 | 0.00                      |
| 13382  | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised                                    | 0.00                      |
| 13383  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                    | 0.00                      |
| 13384  | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                    | 0.00                      |
| 13388  | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted                             | 0.00                      |
| 13389  | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted                                 | 0.00                      |
| 13391  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                        | 0.00                      |
| 13394  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled                           | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 13398  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised              | 0.00                      |
| 13399  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted              | 0.00                      |
| 13401  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                  | 0.00                      |
| 13402  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                  | 0.00                      |
| 13404  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 13405  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted                  | 0.00                      |
| 13407  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised                 | 0.00                      |
| 13408  | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted                 | 0.00                      |
| 13410  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised                     | 0.00                      |
| 13411  | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted                     | 0.00                      |
| 13413  | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised                     | 0.00                      |
| 13414  | Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted                      | 0.00                      |
| 13415  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted     | 0.00                      |
| 13416  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted         | 0.00                      |
| 13417  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         | 0.00                      |
| 13418  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted        | 0.00                      |
| 13419  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted            | 0.00                      |
| 13420  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted            | 0.00                      |
| 13421  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted                 | 0.00                      |
| 13422  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                     | 0.00                      |
| 13423  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted                     | 0.00                      |
| 13424  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted                    | 0.00                      |
| 13425  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted                        | 0.00                      |
| 13426  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted                        | 0.00                      |
| 13428  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                        | 0.00                      |
| 13430  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                            | 0.00                      |
| 13432  | Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised                            | 0.00                      |
| 13436  | Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised                               | 0.00                      |
| 13438  | Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised                               | 0.00                      |
| 13439  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled        | 0.00                      |
| 13440  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled            | 0.00                      |
| 13441  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled            | 0.00                      |
| 13442  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled           | 0.00                      |
| 13443  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled               | 0.00                      |
| 13444  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled               | 0.00                      |
| 13445  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 13446  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled  | 0.00                      |
| 13447  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled  | 0.00                      |
| 13448  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 13449  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 13450  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 13451  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                   | 0.00                      |
| 13452  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                       | 0.00                      |
| 13453  | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                       | 0.00                      |
| 13454  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                      | 0.00                      |
| 13455  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                          | 0.00                      |
| 13456  | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                          | 0.00                      |
| 13459  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled        | 0.00                      |
| 13460  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled       | 0.00                      |
| 13463  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled       | 0.00                      |
| 13464  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw                     | 0.00                      |
| 13465  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled         | 0.00                      |
| 13466  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled           | 0.00                      |
| 13467  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled               | 0.00                      |
| 13468  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw                         | 0.00                      |
| 13469  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled             | 0.00                      |
| 13470  | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled               | 0.00                      |
| 13473  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled             | 0.00                      |
| 13474  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled            | 0.00                      |
| 13477  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled            | 0.00                      |
| 13478  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw                 | 0.00                      |
| 13479  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled     | 0.00                      |
| 13481  | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                    | 0.00                      |
| 13482  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw                     | 0.00                      |
| 13483  | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled         | 0.00                      |
| 13484  | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                    | 0.00                      |
| 13485  | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised                          | 0.00                      |
| 13486  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw                          | 0.00                      |
| 13487  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw                              | 0.00                      |
| 13488  | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw                              | 0.00                      |
| 13490  | Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled            | 0.00                      |
| 13491  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled        | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 13492  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled           | 0.00                      |
| 13493  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled           | 0.00                      |
| 13494  | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned  | 0.00                      |
| 13495  | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked  | 0.00                      |
| 13496  | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled  | 0.00                      |
| 13497  | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled   | 0.00                      |
| 13498  | Beef, ground, 70% lean meat / 30% fat, raw  | 0.00                      |
| 13499  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw  | 0.00                      |
| 13500  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled     | 0.00                      |
| 13501  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled         | 0.00                      |
| 13502  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled         | 0.00                      |
| 13519  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                 | 0.00                      |
| 13520  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                     | 0.00                      |
| 13523  | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw                     | 0.00                      |
| 13595  | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw                        | 0.00                      |
| 13596  | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw                           | 0.00                      |
| 13597  | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw                           | 0.00                      |
| 13598  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled  | 0.00                      |
| 13647  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw              | 0.00                      |
| 13648  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                  | 0.00                      |
| 13649  | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw                  | 0.00                      |
| 13650  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled      | 0.00                      |
| 13786  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 0.00                      |
| 13788  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw     | 0.00                      |
| 13791  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw     | 0.00                      |
| 13795  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw              | 0.00                      |
| 13796  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked           | 0.00                      |
| 13797  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw                  | 0.00                      |
| 13798  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked               | 0.00                      |
| 13799  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw                  | 0.00                      |
| 13800  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked               | 0.00                      |
| 13803  | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw                                | 0.00                      |
| 13804  | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                    | 0.00                      |
| 13805  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw                            | 0.00                      |
| 13806  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                | 0.00                      |
| 13807  | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw                           | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 13808  | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                        | 0.00                      |
| 13809  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw                                   | 0.00                      |
| 13810  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                       | 0.00                      |
| 13811  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw                                       | 0.00                      |
| 13812  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                           | 0.00                      |
| 13813  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw                                       | 0.00                      |
| 13814  | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised                           | 0.00                      |
| 13815  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw                                     | 0.00                      |
| 13816  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                         | 0.00                      |
| 13817  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw   | 0.00                      |
| 13818  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                             | 0.00                      |
| 13819  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw   | 0.00                      |
| 13820  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised                             | 0.00                      |
| 13821  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.00                      |
| 13822  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted     | 0.00                      |
| 13823  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted     | 0.00                      |
| 13829  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                         | 0.00                      |
| 13840  | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                  | 0.00                      |
| 13850  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw                            | 0.00                      |
| 13851  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled                | 0.00                      |
| 13853  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw                                | 0.00                      |
| 13854  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                    | 0.00                      |
| 13856  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw                                | 0.00                      |
| 13857  | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                    | 0.00                      |
| 13862  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled               | 0.00                      |
| 13863  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                       | 0.00                      |
| 13864  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw  | 0.00                      |
| 13865  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                                | 0.00                      |
| 13866  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw  | 0.00                      |
| 13867  | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                                | 0.00                      |
| 13868  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                             | 0.00                      |
| 13869  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised                 | 0.00                      |
| 13870  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted                 | 0.00                      |
| 13871  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                                 | 0.00                      |
| 13872  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised                     | 0.00                      |
| 13873  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                     | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 13874  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 13875  | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised     | 0.00                      |
| 13876  | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted     | 0.00                      |
| 13877  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 13878  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 0.00                      |
| 13879  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 13880  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted     | 0.00                      |
| 13881  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 13882  | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted     | 0.00                      |
| 13883  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw                       | 0.00                      |
| 13884  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted    | 0.00                      |
| 13885  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw                           | 0.00                      |
| 13886  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted        | 0.00                      |
| 13887  | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw                           | 0.00                      |
| 13888  | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted        | 0.00                      |
| 13889  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw           | 0.00                      |
| 13890  | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried                | 0.00                      |
| 13891  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                | 0.00                      |
| 13892  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised           | 0.00                      |
| 13893  | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled     | 0.00                      |
| 13894  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                    | 0.00                      |
| 13895  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised               | 0.00                      |
| 13896  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled        | 0.00                      |
| 13897  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried             | 0.00                      |
| 13898  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                    | 0.00                      |
| 13899  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised               | 0.00                      |
| 13900  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled        | 0.00                      |
| 13901  | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw                            | 0.00                      |
| 13902  | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled         | 0.00                      |
| 13903  | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw           | 0.00                      |
| 13904  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 13905  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw              | 0.00                      |
| 13906  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled  | 0.00                      |
| 13907  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                   | 0.00                      |
| 13908  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled       | 0.00                      |
| 13909  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw            | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 13910  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled                | 0.00                      |
| 13911  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw                                | 0.00                      |
| 13912  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled       | 0.00                      |
| 13913  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw                                | 0.00                      |
| 13914  | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled                    | 0.00                      |
| 13915  | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw                    | 0.00                      |
| 13916  | Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled               | 0.00                      |
| 13917  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                         | 0.00                      |
| 13918  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled             | 0.00                      |
| 13919  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted             | 0.00                      |
| 13920  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                             | 0.00                      |
| 13921  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                 | 0.00                      |
| 13922  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted                 | 0.00                      |
| 13923  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                             | 0.00                      |
| 13924  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                 | 0.00                      |
| 13925  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                 | 0.00                      |
| 13926  | Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw                                     | 0.00                      |
| 13927  | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled                  | 0.00                      |
| 13928  | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted                  | 0.00                      |
| 13929  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                        | 0.00                      |
| 13930  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled            | 0.00                      |
| 13931  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw                            | 0.00                      |
| 13932  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled                | 0.00                      |
| 13933  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried              | 0.00                      |
| 13934  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw                            | 0.00                      |
| 13935  | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled                | 0.00                      |
| 13937  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted                      | 0.00                      |
| 13940  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted                      | 0.00                      |
| 13943  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled               | 0.00                      |
| 13946  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled               | 0.00                      |
| 13948  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                    | 0.00                      |
| 13949  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                        | 0.00                      |
| 13950  | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 13951  | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled     | 0.00                      |
| 13952  | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 0.00                      |
| 13953  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 13954  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw                     | 0.00                      |
| 13955  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted             | 0.00                      |
| 13956  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw                         | 0.00                      |
| 13957  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted             | 0.00                      |
| 13958  | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw                         | 0.00                      |
| 13959  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled      | 0.00                      |
| 13961  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled                     | 0.00                      |
| 13963  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                     | 0.00                      |
| 13965  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled                             | 0.00                      |
| 13967  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled                             | 0.00                      |
| 13968  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled          | 0.00                      |
| 13969  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled          | 0.00                      |
| 13970  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                                      | 0.00                      |
| 13971  | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw  | 0.00                      |
| 13972  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw      | 0.00                      |
| 13973  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw          | 0.00                      |
| 13974  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw          | 0.00                      |
| 13975  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                          | 0.00                      |
| 13977  | Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                | 0.00                      |
| 13979  | Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled               | 0.00                      |
| 13980  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                  | 0.00                      |
| 13981  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 13982  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised              | 0.00                      |
| 13983  | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw                          | 0.00                      |
| 13985  | Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 0.00                      |
| 14003  | Alcoholic beverage, beer, regular, all  | 0.00                      |
| 14006  | Alcoholic beverage, beer, light   | 0.00                      |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe  | 0.00                      |
| 14013  | Alcoholic beverage, beer, light, low carb   | 0.00                      |
| 14016  | Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink   | 0.00                      |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe   | 0.00                      |
| 14024  | Beverages, Whiskey sour mix, powder   | 0.00                      |
| 14025  | Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix                                       | 0.00                      |
| 14028  | Beverages, Whiskey sour mix, bottled  | 0.00                      |
| 14029  | Alcoholic beverage, whiskey sour, prepared from item 14028  | 0.00                      |
| 14031  | Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories                                  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 14033  | Beverages, ABBOTT, EAS whey protein powder   | 0.00                      |
| 14034  | Alcoholic beverage, creme de menthe, 72 proof  | 0.00                      |
| 14035  | Beverages, ABBOTT, EAS soy protein powder  | 0.00                      |
| 14036  | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink  | 0.00                      |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof                         | 0.00                      |
| 14041  | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink                               | 0.00                      |
| 14044  | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan          | 0.00                      |
| 14045  | Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan           | 0.00                      |
| 14047  | Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan                                    | 0.00                      |
| 14048  | Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6                             | 0.00                      |
| 14049  | Alcoholic beverage, distilled, gin, 90 proof   | 0.00                      |
| 14050  | Alcoholic beverage, distilled, rum, 80 proof   | 0.00                      |
| 14054  | Beverages, almond milk, chocolate, ready-to-drink  | 0.00                      |
| 14055  | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,                | 0.00                      |
| 14056  | Beverages, Acai berry drink, fortified   | 0.00                      |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 0.00                      |
| 14058  | Beverages, Whey protein powder isolate   | 0.00                      |
| 14059  | Beverages, KELLOGG'S, SPECIAL K Protein Shake  | 0.00                      |
| 14062  | Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink                                   | 0.00                      |
| 14064  | Beverages, Orange juice, light, No pulp  | 0.00                      |
| 14065  | Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch                                    | 0.00                      |
| 14066  | Beverages, Protein powder whey based   | 0.00                      |
| 14067  | Beverages, Protein powder soy based  | 0.00                      |
| 14068  | Beverages, KELLOGG'S SPECIAL K20 protein powder  | 0.00                      |
| 14074  | Beverages, ZEVIA, cola, caffeine free  | 0.00                      |
| 14075  | Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water, | 0.00                      |
| 14076  | Beverages, ICELANDIC, Glacial Natural spring water   | 0.00                      |
| 14080  | Beverages, rich chocolate, powder  | 0.00                      |
| 14083  | Beverages, chocolate malt, powder, prepared with fat free milk                                 | 0.00                      |
| 14084  | Alcoholic beverage, wine, table, all   | 0.00                      |
| 14090  | Beverages, Coconut water, ready-to-drink, unsweetened  | 0.00                      |
| 14091  | Beverages, almond milk, unsweetened, shelf stable  | 0.00                      |
| 14092  | Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E   | 0.00                      |
| 14093  | Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified         | 0.00                      |
| 14095  | Beverages, MINUTE MAID, Lemonada, Limeade  | 0.00                      |
| 14096  | Alcoholic beverage, wine, table, red   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 14106  | Alcoholic beverage, wine, table, white  | 0.00                      |
| 14119  | Beverages, Mixed vegetable and fruit juice drink, with added nutrients                      | 0.00                      |
| 14121  | Beverages, carbonated, club soda  | 0.00                      |
| 14130  | Carbonated beverage, cream soda   | 0.00                      |
| 14136  | Beverages, carbonated, ginger ale   | 0.00                      |
| 14143  | Beverages, carbonated, low calorie, other than cola or pepper, without caffeine             | 0.00                      |
| 14144  | Beverages, carbonated, lemon-lime soda, no caffeine   | 0.00                      |
| 14145  | Beverages, carbonated, SPRITE, lemon-lime, without caffeine                                 | 0.00                      |
| 14146  | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine   | 0.00                      |
| 14147  | Beverages, carbonated, cola, without caffeine   | 0.00                      |
| 14155  | Beverages, carbonated, tonic water  | 0.00                      |
| 14157  | Beverages, carbonated, root beer  | 0.00                      |
| 14161  | Beverages, Kiwi Strawberry Juice Drink  | 0.00                      |
| 14162  | Beverages, Apple juice drink, light, fortified with vitamin C                               | 0.00                      |
| 14163  | Beverages, chocolate drink, milk and soy based, ready to drink, fortified                   | 0.00                      |
| 14167  | Beverages, POWERADE, Zero, Mixed Berry  | 0.00                      |
| 14171  | Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2             | 0.00                      |
| 14174  | Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C                 | 0.00                      |
| 14180  | Beverages, coffee, brewed, breakfast blend  | 0.00                      |
| 14187  | Beverages, Clam and tomato juice, canned  | 0.00                      |
| 14189  | Beverages, The COCA-COLA company, Minute Maid, Lemonade                                     | 0.00                      |
| 14216  | Beverages, aloe vera juice drink, fortified with Vitamin C                                  | 0.00                      |
| 14217  | Beverages, OCEAN SPRAY, Cran Grape  | 0.00                      |
| 14221  | Beverages, OCEAN SPRAY, Diet Cranberry Juice  | 0.00                      |
| 14226  | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice                        | 0.00                      |
| 14227  | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink                     | 0.00                      |
| 14234  | Beverages, OCEAN SPRAY, Cran Lemonade   | 0.00                      |
| 14237  | Beverages, coffee substitute, cereal grain beverage, prepared with water                    | 0.00                      |
| 14238  | Beverages, cranberry-apple juice drink, bottled   | 0.00                      |
| 14239  | Alcoholic beverage, malt beer, hard lemonade  | 0.00                      |
| 14242  | Cranberry juice cocktail, bottled   | 0.00                      |
| 14243  | Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener  | 0.00                      |
| 14245  | Beverages, Eggnog-flavor mix, powder, prepared with whole milk                              | 0.00                      |
| 14246  | Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C | 0.00                      |
| 14248  | Alcoholic beverage, beer, light, higher alcohol   | 0.00                      |
| 14250  | Beverages, AMBER, hard cider  | 0.00                      |

| <b>NDB_No</b> | <b>Description</b>   | <b>Caffeine(mg)<br/>Value Per</b> |
|---------------|--|-----------------------------------|
| 14251         | Alcoholic beverages, beer, higher alcohol  | 0.00                              |
| 14252         | Beverages, Malt liquor beverage  | 0.00                              |
| 14253         | Alcoholic beverages, wine, rose  | 0.00                              |
| 14255         | Beverages, OCEAN SPRAY, Cran Pomegranate   | 0.00                              |
| 14256         | Beverages, OCEAN SPRAY, Cran Cherry  | 0.00                              |
| 14257         | Beverages, OCEAN SPRAY, Light Cranberry  | 0.00                              |
| 14258         | Beverages, OCEAN SPRAY, White Cranberry Peach  | 0.00                              |
| 14259         | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape                                       | 0.00                              |
| 14260         | Beverages, tea, green, brewed, decaffeinated   | 0.00                              |
| 14262         | Beverages, citrus fruit juice drink, frozen concentrate                                      | 0.00                              |
| 14263         | Beverages, citrus fruit juice drink, frozen concentrate, prepared with water                 | 0.00                              |
| 14264         | Beverages, fruit punch drink, without added nutrients, canned                                | 0.00                              |
| 14267         | Beverages, Fruit punch drink, with added nutrients, canned                                   | 0.00                              |
| 14269         | Beverages, Fruit punch drink, frozen concentrate, prepared with water                        | 0.00                              |
| 14270         | Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer        | 0.00                              |
| 14276         | Beverages, Tropical Punch, ready-to-drink  | 0.00                              |
| 14277         | Beverages, grape drink, canned   | 0.00                              |
| 14282         | Beverages, grape juice drink, canned   | 0.00                              |
| 14285         | Beverages, OCEAN SPRAY, Ruby Red cranberry   | 0.00                              |
| 14287         | Beverages, Lemonade, powder  | 0.00                              |
| 14288         | Lemonade, powder, prepared with water  | 0.00                              |
| 14292         | Lemonade, frozen concentrate, white  | 0.00                              |
| 14293         | Lemonade, frozen concentrate, white, prepared with water                                     | 0.00                              |
| 14296         | Beverages, lemonade-flavor drink, powder   | 0.00                              |
| 14297         | Beverages, lemonade-flavor drink, powder, prepared with water                                | 0.00                              |
| 14303         | Limeade, frozen concentrate, prepared with water   | 0.00                              |
| 14305         | Malt beverage, includes non-alcoholic beer   | 0.00                              |
| 14309         | Beverages, OVALTINE, Classic Malt powder   | 0.00                              |
| 14310         | Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 0.00                              |
| 14311         | Beverages, Malted drink mix, natural, powder, dairy based.                                   | 0.00                              |
| 14312         | Beverages, Malted drink mix, natural, powder, prepared with whole milk                       | 0.00                              |
| 14315         | Beverages, OVALTINE, chocolate malt powder   | 0.00                              |
| 14323         | Beverages, orange drink, canned, with added vitamin C  | 0.00                              |
| 14327         | Beverages, orange and apricot juice drink, canned  | 0.00                              |
| 14334         | Beverages, pineapple and grapefruit juice drink, canned                                      | 0.00                              |
| 14341         | Beverages, pineapple and orange juice drink, canned  | 0.00                              |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 14347  | Shake, fast food, vanilla   | 0.00                      |
| 14350  | Strawberry-flavor beverage mix, powder  | 0.00                      |
| 14381  | Beverages, tea, herb, other than chamomile, brewed  | 0.00                      |
| 14406  | Beverages, fruit punch juice drink, frozen concentrate, prepared with water   | 0.00                      |
| 14407  | Beverages, orange-flavor drink, breakfast type, powder  | 0.00                      |
| 14408  | Beverages, orange-flavor drink, breakfast type, powder, prepared with water   | 0.00                      |
| 14409  | Beverages, Orange-flavor drink, breakfast type, low calorie, powder   | 0.00                      |
| 14411  | Beverages, water, tap, drinking   | 0.00                      |
| 14421  | Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk                                 | 0.00                      |
| 14424  | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.              | 0.00                      |
| 14425  | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water                    | 0.00                      |
| 14426  | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate                                      | 0.00                      |
| 14427  | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water                 | 0.00                      |
| 14429  | Beverages, water, tap, municipal  | 0.00                      |
| 14431  | Cranberry juice cocktail, frozen concentrate, prepared with water   | 0.00                      |
| 14436  | Beverages, orange breakfast drink, ready-to-drink, with added nutrients   | 0.00                      |
| 14460  | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.   | 0.00                      |
| 14461  | Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink   | 0.00                      |
| 14462  | Beverages, Propel Zero, fruit-flavored, non-carbonated  | 0.00                      |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 0.00                      |
| 14541  | Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water                                | 0.00                      |
| 14542  | Lemonade, frozen concentrate, pink  | 0.00                      |
| 14543  | Beverages, lemonade, frozen concentrate, pink, prepared with water  | 0.00                      |
| 14545  | Beverages, tea, herb, brewed, chamomile   | 0.00                      |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof  | 0.00                      |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof  | 0.00                      |
| 14553  | Beverages, Wine, non-alcoholic  | 0.00                      |
| 14555  | Water, bottled, generic   | 0.00                      |
| 14599  | Beverages, Powerade Zero Ion4, calorie-free, assorted flavors   | 0.00                      |
| 14604  | Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener                           | 0.00                      |
| 14605  | Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors                         | 0.00                      |
| 14631  | Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds                                     | 0.00                      |
| 14633  | Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C              | 0.00                      |
| 14634  | Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D | 0.00                      |
| 14635  | Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E                                   | 0.00                      |
| 14636  | Beverages, fruit juice drink, reduced sugar, with vitamin E added   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 14637  | Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored                              | 0.00                      |
| 14639  | Beverages, rice milk, unsweetened  | 0.00                      |
| 14644  | Beverages, PEPSICO QUAKER, Gatorade G2, low calorie  | 0.00                      |
| 14645  | Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C                          | 0.00                      |
| 14646  | Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C                   | 0.00                      |
| 14647  | Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium | 0.00                      |
| 14648  | Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin                | 0.00                      |
| 14649  | Beverages, tea, hibiscus, brewed   | 0.00                      |
| 14651  | Beverages, fruit juice drink, greater than 3% juice, high vitamin C  | 0.00                      |
| 14654  | Beverages, nutritional shake mix, high protein, powder   | 0.00                      |
| 15001  | Fish, anchovy, european, raw   | 0.00                      |
| 15002  | Fish, anchovy, european, canned in oil, drained solids   | 0.00                      |
| 15008  | Fish, carp, raw  | 0.00                      |
| 15012  | Fish, caviar, black and red, granular  | 0.00                      |
| 15014  | Fish, cisco, smoked  | 0.00                      |
| 15015  | Fish, cod, Atlantic, raw   | 0.00                      |
| 15016  | Fish, cod, Atlantic, cooked, dry heat  | 0.00                      |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid   | 0.00                      |
| 15018  | Fish, cod, Atlantic, dried and salted  | 0.00                      |
| 15019  | Fish, cod, Pacific, raw (may have been previously frozen)  | 0.00                      |
| 15020  | Fish, croaker, Atlantic, raw   | 0.00                      |
| 15025  | Fish, eel, mixed species, raw  | 0.00                      |
| 15027  | Fish, fish sticks, frozen, prepared  | 0.00                      |
| 15028  | Fish, flatfish (flounder and sole species), raw  | 0.00                      |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat   | 0.00                      |
| 15033  | Fish, haddock, raw   | 0.00                      |
| 15034  | Fish, haddock, cooked, dry heat  | 0.00                      |
| 15035  | Fish, haddock, smoked  | 0.00                      |
| 15036  | Fish, halibut, Atlantic and Pacific, raw   | 0.00                      |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat  | 0.00                      |
| 15038  | Fish, halibut, Greenland, raw  | 0.00                      |
| 15039  | Fish, herring, Atlantic, raw   | 0.00                      |
| 15040  | Fish, herring, Atlantic, cooked, dry heat  | 0.00                      |
| 15041  | Fish, herring, Atlantic, pickled   | 0.00                      |
| 15042  | Fish, herring, Atlantic, kippered  | 0.00                      |
| 15046  | Fish, mackerel, Atlantic, raw  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 15048  | Fish, mackerel, jack, canned, drained solids                              | 0.00                      |
| 15050  | Fish, mackerel, Pacific and jack, mixed species, raw                      | 0.00                      |
| 15051  | Fish, mackerel, spanish, raw  | 0.00                      |
| 15055  | Fish, mullet, striped, raw  | 0.00                      |
| 15057  | Fish, ocean perch, Atlantic, raw  | 0.00                      |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                             | 0.00                      |
| 15060  | Fish, perch, mixed species, raw   | 0.00                      |
| 15062  | Fish, pike, northern, raw   | 0.00                      |
| 15065  | Fish, pollock, Atlantic, raw  | 0.00                      |
| 15066  | Fish, pollock, Alaska, raw (may have been previously frozen)              | 0.00                      |
| 15067  | Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) | 0.00                      |
| 15068  | Fish, pompano, florida, raw   | 0.00                      |
| 15070  | Fish, rockfish, Pacific, mixed species, raw                               | 0.00                      |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                  | 0.00                      |
| 15072  | Fish, roe, mixed species, raw   | 0.00                      |
| 15073  | Fish, roughy, orange, raw   | 0.00                      |
| 15077  | Fish, salmon, chinook, smoked   | 0.00                      |
| 15078  | Fish, salmon, chinook, raw  | 0.00                      |
| 15080  | Fish, salmon, chum, canned, drained solids with bone                      | 0.00                      |
| 15081  | Fish, salmon, coho, wild, raw   | 0.00                      |
| 15083  | Fish, salmon, pink, raw   | 0.00                      |
| 15084  | Fish, salmon, pink, canned, total can contents                            | 0.00                      |
| 15085  | Fish, salmon, sockeye, raw  | 0.00                      |
| 15086  | Fish, salmon, sockeye, cooked, dry heat                                   | 0.00                      |
| 15087  | Fish, salmon, sockeye, canned, drained solids                             | 0.00                      |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone          | 0.00                      |
| 15089  | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone  | 0.00                      |
| 15090  | Fish, scup, raw   | 0.00                      |
| 15091  | Fish, sea bass, mixed species, raw  | 0.00                      |
| 15094  | Fish, shad, american, raw   | 0.00                      |
| 15095  | Fish, shark, mixed species, raw   | 0.00                      |
| 15099  | Fish, smelt, rainbow, raw   | 0.00                      |
| 15101  | Fish, snapper, mixed species, raw   | 0.00                      |
| 15104  | Fish, sturgeon, mixed species, raw  | 0.00                      |
| 15105  | Fish, sturgeon, mixed species, cooked, dry heat                           | 0.00                      |
| 15106  | Fish, sturgeon, mixed species, smoked                                     | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 15109  | Fish, surimi   | 0.00                      |
| 15110  | Fish, swordfish, raw   | 0.00                      |
| 15111  | Fish, swordfish, cooked, dry heat  | 0.00                      |
| 15114  | Fish, trout, mixed species, raw  | 0.00                      |
| 15117  | Fish, tuna, fresh, bluefin, raw  | 0.00                      |
| 15119  | Fish, tuna, light, canned in oil, drained solids   | 0.00                      |
| 15121  | Fish, tuna, light, canned in water, drained solids                                       | 0.00                      |
| 15124  | Fish, tuna, white, canned in oil, drained solids   | 0.00                      |
| 15126  | Fish, tuna, white, canned in water, drained solids                                       | 0.00                      |
| 15127  | Fish, tuna, fresh, yellowfin, raw  | 0.00                      |
| 15130  | Fish, whitefish, mixed species, raw  | 0.00                      |
| 15131  | Fish, whitefish, mixed species, smoked   | 0.00                      |
| 15132  | Fish, whiting, mixed species, raw  | 0.00                      |
| 15133  | Fish, whiting, mixed species, cooked, dry heat   | 0.00                      |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                              | 0.00                      |
| 15140  | Crustaceans, crab, blue, cooked, moist heat  | 0.00                      |
| 15141  | Crustaceans, crab, blue, canned  | 0.00                      |
| 15145  | Crustaceans, crayfish, mixed species, wild, raw  | 0.00                      |
| 15146  | Crustaceans, crayfish, mixed species, wild, cooked, moist heat                           | 0.00                      |
| 15147  | Crustaceans, lobster, northern, raw  | 0.00                      |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat                                       | 0.00                      |
| 15149  | Crustaceans, shrimp, mixed species, raw (may have been previously frozen)                | 0.00                      |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                            | 0.00                      |
| 15151  | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) | 0.00                      |
| 15152  | Crustaceans, shrimp, mixed species, canned   | 0.00                      |
| 15155  | Mollusks, abalone, mixed species, raw  | 0.00                      |
| 15157  | Mollusks, clam, mixed species, raw   | 0.00                      |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                                    | 0.00                      |
| 15162  | Mollusks, clam, mixed species, canned, liquid  | 0.00                      |
| 15164  | Mollusks, mussel, blue, raw  | 0.00                      |
| 15166  | Mollusks, octopus, common, raw   | 0.00                      |
| 15167  | Mollusks, oyster, eastern, wild, raw   | 0.00                      |
| 15169  | Mollusks, oyster, eastern, wild, cooked, moist heat                                      | 0.00                      |
| 15170  | Mollusks, oyster, eastern, canned  | 0.00                      |
| 15172  | Mollusks, scallop, mixed species, raw  | 0.00                      |
| 15175  | Mollusks, squid, mixed species, raw  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 15177  | Mollusks, whelk, unspecified, raw                                      | 0.00                      |
| 15192  | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen) | 0.00                      |
| 15201  | Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat      | 0.00                      |
| 15212  | Fish, salmon, pink, cooked, dry heat                                   | 0.00                      |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat                         | 0.00                      |
| 15230  | Mollusks, octopus, common, cooked, moist heat                          | 0.00                      |
| 15231  | Mollusks, oyster, Pacific, cooked, moist heat                          | 0.00                      |
| 15232  | Fish, roughy, orange, cooked, dry heat                                 | 0.00                      |
| 15234  | Fish, catfish, channel, farmed, raw                                    | 0.00                      |
| 15235  | Fish, catfish, channel, farmed, cooked, dry heat                       | 0.00                      |
| 15236  | Fish, salmon, Atlantic, farmed, raw                                    | 0.00                      |
| 15237  | Fish, salmon, Atlantic, farmed, cooked, dry heat                       | 0.00                      |
| 15240  | Fish, trout, rainbow, farmed, raw                                      | 0.00                      |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat                         | 0.00                      |
| 15244  | Mollusks, oyster, eastern, wild, cooked, dry heat                      | 0.00                      |
| 15247  | Fish, salmon, coho, wild, cooked, dry heat                             | 0.00                      |
| 15250  | Mollusks, conch, baked or broiled                                      | 0.00                      |
| 15253  | Salmon, sockeye, canned, total can contents                            | 0.00                      |
| 15260  | Fish, salmon, pink, canned, drained solids                             | 0.00                      |
| 15261  | Fish, tilapia, raw   | 0.00                      |
| 15262  | Fish, tilapia, cooked, dry heat  | 0.00                      |
| 15264  | Salmon, sockeye, canned, drained solids, without skin and bones        | 0.00                      |
| 15265  | Fish, Salmon, pink, canned, drained solids, without skin and bones     | 0.00                      |
| 16006  | Beans, baked, canned, plain or vegetarian                              | 0.00                      |
| 16008  | Beans, baked, canned, with franks                                      | 0.00                      |
| 16010  | Beans, baked, canned, with pork and sweet sauce                        | 0.00                      |
| 16011  | Beans, baked, canned, with pork and tomato sauce                       | 0.00                      |
| 16014  | Beans, black, mature seeds, raw  | 0.00                      |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt               | 0.00                      |
| 16016  | Beans, black turtle, mature seeds, raw                                 | 0.00                      |
| 16017  | Beans, black turtle, mature seeds, cooked, boiled, without salt        | 0.00                      |
| 16018  | Beans, black turtle, mature seeds, canned                              | 0.00                      |
| 16024  | Beans, great northern, mature seeds, raw                               | 0.00                      |
| 16026  | Beans, great northern, mature seeds, canned                            | 0.00                      |
| 16027  | Beans, kidney, all types, mature seeds, raw                            | 0.00                      |
| 16028  | Beans, kidney, all types, mature seeds, cooked, boiled, without salt   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 16032  | Beans, kidney, red, mature seeds, raw  | 0.00                      |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                             | 0.00                      |
| 16034  | Beans, kidney, red, mature seeds, canned, solids and liquids                               | 0.00                      |
| 16037  | Beans, navy, mature seeds, raw   | 0.00                      |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt                                    | 0.00                      |
| 16039  | Beans, navy, mature seeds, canned  | 0.00                      |
| 16040  | Beans, pink, mature seeds, raw   | 0.00                      |
| 16041  | Beans, pink, mature seeds, cooked, boiled, without salt                                    | 0.00                      |
| 16042  | Beans, pinto, mature seeds, raw  | 0.00                      |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt                                   | 0.00                      |
| 16044  | Beans, pinto, mature seeds, canned, solids and liquids                                     | 0.00                      |
| 16048  | Beans, yellow, mature seeds, cooked, boiled, without salt                                  | 0.00                      |
| 16049  | Beans, white, mature seeds, raw  | 0.00                      |
| 16050  | Beans, white, mature seeds, cooked, boiled, without salt                                   | 0.00                      |
| 16052  | Broadbeans (fava beans), mature seeds, raw   | 0.00                      |
| 16053  | Broadbeans (fava beans), mature seeds, cooked, boiled, without salt                        | 0.00                      |
| 16055  | Carob flour  | 0.00                      |
| 16056  | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw                                 | 0.00                      |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt        | 0.00                      |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids          | 0.00                      |
| 16059  | Chili with beans, canned   | 0.00                      |
| 16062  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw                          | 0.00                      |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 0.00                      |
| 16067  | Hyacinth beans, mature seeds, raw  | 0.00                      |
| 16069  | Lentils, raw   | 0.00                      |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt  | 0.00                      |
| 16071  | Lima beans, large, mature seeds, raw   | 0.00                      |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                              | 0.00                      |
| 16074  | Lima beans, thin seeded (baby), mature seeds, raw  | 0.00                      |
| 16076  | Lupins, mature seeds, raw  | 0.00                      |
| 16080  | Mung beans, mature seeds, raw  | 0.00                      |
| 16081  | Mung beans, mature seeds, cooked, boiled, without salt                                     | 0.00                      |
| 16082  | Noodles, chinese, cellophane or long rice (mung beans), dehydrated                         | 0.00                      |
| 16084  | Mungo beans, mature seeds, cooked, boiled, without salt                                    | 0.00                      |
| 16085  | Peas, green, split, mature seeds, raw  | 0.00                      |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt                                    | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 16087  | Peanuts, all types, raw   | 0.00                      |
| 16088  | Peanuts, all types, cooked, boiled, with salt                             | 0.00                      |
| 16089  | Peanuts, all types, oil-roasted, with salt                                | 0.00                      |
| 16090  | Peanuts, all types, dry-roasted, with salt                                | 0.00                      |
| 16091  | Peanuts, spanish, raw   | 0.00                      |
| 16095  | Peanuts, virginia, raw  | 0.00                      |
| 16097  | Peanut butter, chunk style, with salt                                     | 0.00                      |
| 16098  | Peanut butter, smooth style, with salt                                    | 0.00                      |
| 16099  | Peanut flour, defatted  | 0.00                      |
| 16100  | Peanut flour, low fat   | 0.00                      |
| 16103  | Refried beans, canned, traditional style (includes USDA commodity)        | 0.00                      |
| 16104  | Bacon, meatless   | 0.00                      |
| 16107  | Sausage, meatless   | 0.00                      |
| 16108  | Soybeans, mature seeds, raw   | 0.00                      |
| 16109  | Soybeans, mature cooked, boiled, without salt                             | 0.00                      |
| 16110  | Soybeans, mature seeds, roasted, salted                                   | 0.00                      |
| 16112  | Miso  | 0.00                      |
| 16113  | Natto   | 0.00                      |
| 16115  | Soy flour, full-fat, raw  | 0.00                      |
| 16116  | Soy flour, full-fat, roasted  | 0.00                      |
| 16117  | Soy flour, defatted   | 0.00                      |
| 16118  | Soy flour, low-fat  | 0.00                      |
| 16120  | Soymilk, original and vanilla, unfortified                                | 0.00                      |
| 16121  | Soy protein concentrate, produced by alcohol extraction                   | 0.00                      |
| 16122  | Soy protein isolate   | 0.00                      |
| 16123  | Soy sauce made from soy and wheat (shoyu)                                 | 0.00                      |
| 16124  | Soy sauce made from soy (tamari)  | 0.00                      |
| 16125  | Soy sauce made from hydrolyzed vegetable protein                          | 0.00                      |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 0.00                      |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 0.00                      |
| 16129  | Tofu, fried   | 0.00                      |
| 16135  | Winged beans, mature seeds, raw   | 0.00                      |
| 16137  | Hummus, home prepared   | 0.00                      |
| 16139  | Soymilk, original and vanilla, with added calcium, vitamins A and D       | 0.00                      |
| 16145  | Beans, kidney, red, mature seeds, canned, drained solids                  | 0.00                      |
| 16146  | Beans, pinto, canned, drained solids                                      | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 16147  | Veggie burgers or soyburgers, unprepared  | 0.00                      |
| 16149  | Peanut spread, reduced sugar  | 0.00                      |
| 16150  | Peanut butter, smooth, reduced fat  | 0.00                      |
| 16155  | Peanut butter, smooth, vitamin and mineral fortified  | 0.00                      |
| 16156  | Peanut butter, chunky, vitamin and mineral fortified  | 0.00                      |
| 16157  | Chickpea flour (besan)  | 0.00                      |
| 16159  | Tofu, extra firm, prepared with nigari  | 0.00                      |
| 16167  | USDA Commodity, Peanut Butter, smooth   | 0.00                      |
| 16172  | Refried beans, canned, fat-free   | 0.00                      |
| 16225  | Soymilk, original and vanilla, light, with added calcium, vitamins A and D                    | 0.00                      |
| 16230  | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D                           | 0.00                      |
| 16315  | Beans, black, mature seeds, cooked, boiled, with salt   | 0.00                      |
| 16316  | Beans, black, mature seeds, canned, low sodium  | 0.00                      |
| 16317  | Beans, black turtle, mature seeds, cooked, boiled, with salt                                  | 0.00                      |
| 16326  | Beans, great northern, mature seeds, canned, low sodium                                       | 0.00                      |
| 16328  | Beans, kidney, all types, mature seeds, cooked, boiled, with salt                             | 0.00                      |
| 16335  | Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water                 | 0.00                      |
| 16337  | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium                       | 0.00                      |
| 16338  | Beans, navy, mature seeds, cooked, boiled, with salt  | 0.00                      |
| 16345  | Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water                       | 0.00                      |
| 16347  | Beans, pinto, mature seeds, canned, solids and liquids, low sodium                            | 0.00                      |
| 16348  | Beans, yellow, mature seeds, cooked, boiled, with salt  | 0.00                      |
| 16358  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids                 | 0.00                      |
| 16359  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water   | 0.00                      |
| 16360  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium | 0.00                      |
| 16389  | Peanuts, all types, oil-roasted, without salt   | 0.00                      |
| 16390  | Peanuts, all types, dry-roasted, without salt   | 0.00                      |
| 16397  | Peanut butter, chunk style, without salt  | 0.00                      |
| 16398  | Peanut butter, smooth style, without salt   | 0.00                      |
| 16403  | Refried beans, canned, traditional, reduced sodium  | 0.00                      |
| 16420  | Soy protein concentrate, produced by acid wash  | 0.00                      |
| 16422  | Soy protein isolate, potassium type   | 0.00                      |
| 16424  | Soy sauce made from soy and wheat (shoyu), low sodium   | 0.00                      |
| 16425  | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein                             | 0.00                      |
| 16427  | Tofu, raw, regular, prepared with calcium sulfate   | 0.00                      |
| 16432  | Tofu, salted and fermented (fuyu), prepared with calcium sulfate                              | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 17000  | Veal, Australian, rib, rib roast, separable lean only, raw  | 0.00                      |
| 17002  | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked         | 0.00                      |
| 17006  | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked                  | 0.00                      |
| 17008  | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                       | 0.00                      |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted  | 0.00                      |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted     | 0.00                      |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                            | 0.00                      |
| 17025  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                            | 0.00                      |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                               | 0.00                      |
| 17030  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                             | 0.00                      |
| 17033  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                                | 0.00                      |
| 17035  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw             | 0.00                      |
| 17038  | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 0.00                      |
| 17039  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw                | 0.00                      |
| 17041  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled    | 0.00                      |
| 17042  | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 0.00                      |
| 17053  | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                 | 0.00                      |
| 17060  | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised | 0.00                      |
| 17068  | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw  | 0.00                      |
| 17069  | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised                                      | 0.00                      |
| 17070  | Lamb, New Zealand, imported, fore-shank, separable lean only, raw   | 0.00                      |
| 17071  | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised   | 0.00                      |
| 17072  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw                                     | 0.00                      |
| 17074  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw  | 0.00                      |
| 17076  | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw   | 0.00                      |
| 17077  | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled                                    | 0.00                      |
| 17078  | Lamb, New Zealand, imported, loin chop, separable lean only, raw  | 0.00                      |
| 17080  | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw                                      | 0.00                      |
| 17081  | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted                     | 0.00                      |
| 17082  | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw   | 0.00                      |
| 17083  | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted                        | 0.00                      |
| 17084  | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw   | 0.00                      |
| 17086  | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw  | 0.00                      |
| 17089  | Veal, composite of trimmed retail cuts, separable lean and fat, cooked  | 0.00                      |
| 17091  | Veal, composite of trimmed retail cuts, separable lean only, cooked   | 0.00                      |
| 17094  | Veal, leg (top round), separable lean and fat, raw  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised                 | 0.00                      |
| 17096  | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded      | 0.00                      |
| 17097  | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded  | 0.00                      |
| 17098  | Veal, leg (top round), separable lean and fat, cooked, roasted                 | 0.00                      |
| 17101  | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded         | 0.00                      |
| 17102  | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded     | 0.00                      |
| 17104  | Veal, loin, separable lean and fat, raw  | 0.00                      |
| 17105  | Veal, loin, separable lean and fat, cooked, braised                            | 0.00                      |
| 17106  | Veal, loin, separable lean and fat, cooked, roasted                            | 0.00                      |
| 17107  | Veal, loin, separable lean only, raw   | 0.00                      |
| 17108  | Veal, loin, separable lean only, cooked, braised                               | 0.00                      |
| 17109  | Veal, loin, separable lean only, cooked, roasted                               | 0.00                      |
| 17111  | Veal, rib, separable lean and fat, cooked, braised                             | 0.00                      |
| 17114  | Veal, rib, separable lean only, cooked, braised                                | 0.00                      |
| 17116  | Veal, shoulder, whole (arm and blade), separable lean and fat, raw             | 0.00                      |
| 17117  | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 0.00                      |
| 17122  | Veal, shoulder, arm, separable lean and fat, raw                               | 0.00                      |
| 17128  | Veal, shoulder, blade chop, separable lean and fat, raw                        | 0.00                      |
| 17129  | Veal, shoulder, blade, separable lean and fat, cooked, braised                 | 0.00                      |
| 17131  | Veal, shoulder, blade chop, separable lean only, raw                           | 0.00                      |
| 17132  | Veal, shoulder, blade, separable lean only, cooked, braised                    | 0.00                      |
| 17134  | Veal, sirloin, separable lean and fat, raw                                     | 0.00                      |
| 17136  | Veal, sirloin, separable lean and fat, cooked, roasted                         | 0.00                      |
| 17142  | Veal, ground, raw  | 0.00                      |
| 17143  | Veal, ground, cooked, broiled  | 0.00                      |
| 17147  | Game meat, bear, cooked, simmered  | 0.00                      |
| 17148  | Bison, ground, grass-fed, cooked   | 0.00                      |
| 17149  | Bison, ground, grass-fed, raw  | 0.00                      |
| 17151  | Game meat, beaver, cooked, roasted   | 0.00                      |
| 17155  | Veal, Australian, rib, rib roast, separable lean and fat, raw                  | 0.00                      |
| 17157  | Game meat, bison, separable lean only, cooked, roasted                         | 0.00                      |
| 17159  | Game meat, boar, wild, cooked, roasted   | 0.00                      |
| 17163  | Game meat, caribou, cooked, roasted  | 0.00                      |
| 17164  | Game meat, deer, raw   | 0.00                      |
| 17169  | Game meat, goat, cooked, roasted   | 0.00                      |
| 17173  | Game meat, moose, cooked, roasted  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 17176  | Game meat, opossum, cooked, roasted  | 0.00                      |
| 17179  | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed   | 0.00                      |
| 17181  | Game meat, rabbit, wild, cooked, stewed  | 0.00                      |
| 17182  | Game meat, raccoon, cooked, roasted  | 0.00                      |
| 17184  | Game meat, squirrel, cooked, roasted   | 0.00                      |
| 17202  | Veal, variety meats and by-products, liver, raw  | 0.00                      |
| 17203  | Veal, variety meats and by-products, liver, cooked, braised  | 0.00                      |
| 17204  | Veal, variety meats and by-products, liver, cooked, pan-fried  | 0.00                      |
| 17218  | Veal, variety meats and by-products, thymus, raw   | 0.00                      |
| 17219  | Veal, variety meats and by-products, thymus, cooked, braised   | 0.00                      |
| 17224  | Lamb, ground, raw  | 0.00                      |
| 17225  | Lamb, ground, cooked, broiled  | 0.00                      |
| 17314  | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw  | 0.00                      |
| 17315  | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 0.00                      |
| 17316  | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw     | 0.00                      |
| 17317  | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled    | 0.00                      |
| 17330  | Game meat , bison, ground, raw   | 0.00                      |
| 17331  | Game meat, bison, ground, cooked, pan-broiled  | 0.00                      |
| 17332  | Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled   | 0.00                      |
| 17333  | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised   | 0.00                      |
| 17334  | Game meat, bison, chuck, shoulder clod, separable lean only, raw   | 0.00                      |
| 17335  | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled   | 0.00                      |
| 17336  | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled  | 0.00                      |
| 17337  | Game meat, bison, top round, separable lean only, 1" steak, raw  | 0.00                      |
| 17338  | Game meat, elk, ground, raw  | 0.00                      |
| 17339  | Game meat, elk, ground, cooked, pan-broiled  | 0.00                      |
| 17340  | Game meat, elk, loin, separable lean only, cooked, broiled   | 0.00                      |
| 17341  | Game meat, elk, round, separable lean only, cooked, broiled  | 0.00                      |
| 17342  | Game meat, elk, tenderloin, separable lean only, cooked, broiled   | 0.00                      |
| 17343  | Game meat, deer, ground, raw   | 0.00                      |
| 17344  | Game meat, deer, ground, cooked, pan-broiled   | 0.00                      |
| 17345  | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled  | 0.00                      |
| 17346  | Game meat, deer, shoulder clod, separable lean only, cooked, braised   | 0.00                      |
| 17347  | Game meat, deer, tenderloin, separable lean only, cooked, broiled  | 0.00                      |
| 17348  | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled   | 0.00                      |
| 17349  | Veal, Australian, shank, fore, bone-in, separable lean only, raw   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 17350  | Veal, Australian, shank, fore, bone-in, separable lean and fat, raw  | 0.00                      |
| 17351  | Veal, Australian, shank, hind, bone-in, separable lean only, raw   | 0.00                      |
| 17352  | Veal, Australian, shank, hind, bone-in, separable lean and fat   | 0.00                      |
| 17357  | Lamb, New Zealand, imported, brains, cooked, soaked and fried  | 0.00                      |
| 17358  | Lamb, New Zealand, imported, brains, raw   | 0.00                      |
| 17359  | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised                                      | 0.00                      |
| 17360  | Lamb, New Zealand, imported, breast, separable lean only, raw  | 0.00                      |
| 17361  | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted                        | 0.00                      |
| 17363  | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw   | 0.00                      |
| 17364  | Lamb, New Zealand, imported, kidney, cooked, soaked and fried  | 0.00                      |
| 17365  | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised                              | 0.00                      |
| 17366  | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw  | 0.00                      |
| 17367  | Lamb, New Zealand, imported, kidney, raw   | 0.00                      |
| 17368  | Lamb, New Zealand, imported, liver, cooked, soaked and fried   | 0.00                      |
| 17369  | Lamb, New Zealand, imported, liver, raw  | 0.00                      |
| 17370  | Lamb, New Zealand, imported, ground lamb, cooked, braised  | 0.00                      |
| 17371  | Lamb, New Zealand, imported, ground lamb, raw  | 0.00                      |
| 17372  | Lamb, New Zealand, imported, heart, cooked, soaked and simmered  | 0.00                      |
| 17373  | Lamb, New Zealand, imported, heart, raw  | 0.00                      |
| 17374  | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered   | 0.00                      |
| 17375  | Lamb, New Zealand, imported, sweetbread, raw   | 0.00                      |
| 17376  | Lamb, New Zealand, imported, testes, cooked, soaked and fried  | 0.00                      |
| 17377  | Lamb, New Zealand, imported, testes, raw   | 0.00                      |
| 17378  | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered                                   | 0.00                      |
| 17379  | Lamb, New Zealand, imported, tongue - swiss cut, raw   | 0.00                      |
| 17380  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted | 0.00                      |
| 17381  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw                  | 0.00                      |
| 17382  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised                   | 0.00                      |
| 17383  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw                               | 0.00                      |
| 17384  | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried                               | 0.00                      |
| 17385  | Lamb, New Zealand, imported, tenderloin, separable lean only, raw  | 0.00                      |
| 17386  | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted                            | 0.00                      |
| 17387  | Lamb, New Zealand, imported, loin saddle, separable lean only, raw   | 0.00                      |
| 17388  | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted                         | 0.00                      |
| 17389  | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw  | 0.00                      |
| 17390  | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised                                  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 17391  | Lamb, New Zealand, imported, hind-shank, separable lean only, raw   | 0.00                      |
| 17392  | Lamb, New Zealand, imported, neck chops, separable lean only, raw   | 0.00                      |
| 17393  | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised                                     | 0.00                      |
| 17394  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted         | 0.00                      |
| 17395  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw                          | 0.00                      |
| 17396  | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted                     | 0.00                      |
| 17397  | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw                                      | 0.00                      |
| 17398  | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried                                   | 0.00                      |
| 17399  | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted                       | 0.00                      |
| 17400  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried                     | 0.00                      |
| 17401  | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised                              | 0.00                      |
| 17402  | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw  | 0.00                      |
| 17403  | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised                                  | 0.00                      |
| 17404  | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw  | 0.00                      |
| 17405  | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried                  | 0.00                      |
| 17406  | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried                                | 0.00                      |
| 17407  | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted                            | 0.00                      |
| 17408  | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw   | 0.00                      |
| 17409  | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted                         | 0.00                      |
| 17410  | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw  | 0.00                      |
| 17411  | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised                                  | 0.00                      |
| 17412  | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw  | 0.00                      |
| 17413  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted      | 0.00                      |
| 17414  | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw                       | 0.00                      |
| 17415  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised                   | 0.00                      |
| 17416  | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw                               | 0.00                      |
| 17417  | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted                    | 0.00                      |
| 17418  | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried                               | 0.00                      |
| 17419  | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted                  | 0.00                      |
| 17420  | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw                                   | 0.00                      |
| 17421  | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 0.00                      |
| 17423  | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw  | 0.00                      |
| 17424  | Veal, ground, cooked, pan-fried   | 0.00                      |
| 17425  | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled  | 0.00                      |
| 17426  | Veal, leg, top round, cap off, cutlet, boneless, raw  | 0.00                      |
| 17427  | Veal, loin, chop, separable lean only, cooked, grilled  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 17428  | Veal, shank, separable lean only, raw  | 0.00                      |
| 17429  | Veal, foreshank, osso buco, separable lean only, cooked, braised   | 0.00                      |
| 17430  | Veal, shoulder, blade chop, separable lean only, cooked, grilled   | 0.00                      |
| 17435  | Veal, shank, separable lean and fat, raw   | 0.00                      |
| 17436  | Veal, foreshank, osso buco, separable lean and fat, cooked, braised  | 0.00                      |
| 17437  | Veal, loin, chop, separable lean and fat, cooked, grilled  | 0.00                      |
| 17438  | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled  | 0.00                      |
| 17439  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted                    | 0.00                      |
| 17440  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised         | 0.00                      |
| 17441  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw                     | 0.00                      |
| 17442  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted                     | 0.00                      |
| 17443  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw                                 | 0.00                      |
| 17444  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw                                | 0.00                      |
| 17445  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted                | 0.00                      |
| 17446  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw                            | 0.00                      |
| 17447  | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted    | 0.00                      |
| 17448  | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted           | 0.00                      |
| 17449  | Lamb, Australian, imported, fresh, external fat, cooked  | 0.00                      |
| 17453  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted                 | 0.00                      |
| 17454  | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw                             | 0.00                      |
| 17455  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised      | 0.00                      |
| 17456  | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw                  | 0.00                      |
| 17457  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted             | 0.00                      |
| 17458  | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw                         | 0.00                      |
| 17459  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted                  | 0.00                      |
| 17460  | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw                              | 0.00                      |
| 17461  | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled       | 0.00                      |
| 17462  | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 0.00                      |
| 17463  | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted        | 0.00                      |
| 17464  | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled    | 0.00                      |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)   | 0.00                      |
| 18002  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted  | 0.00                      |
| 18005  | Bagels, cinnamon-raisin  | 0.00                      |
| 18006  | Bagels, cinnamon-raisin, toasted   | 0.00                      |
| 18007  | Bagels, oat bran   | 0.00                      |
| 18009  | Biscuits, plain or buttermilk, frozen, baked   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18010  | Biscuits, plain or buttermilk, dry mix                                    | 0.00                      |
| 18012  | Biscuits, plain or buttermilk, refrigerated dough, lower fat              | 0.00                      |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked       | 0.00                      |
| 18014  | Biscuits, plain or buttermilk, refrigerated dough, higher fat             | 0.00                      |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked      | 0.00                      |
| 18019  | Bread, banana, prepared from recipe, made with margarine                  | 0.00                      |
| 18021  | Bread, boston brown, canned   | 0.00                      |
| 18022  | Bread, cornbread, dry mix, enriched (includes corn muffin mix)            | 0.00                      |
| 18023  | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 0.00                      |
| 18027  | Bread, egg  | 0.00                      |
| 18028  | Bread, egg, toasted   | 0.00                      |
| 18029  | Bread, french or vienna (includes sourdough)                              | 0.00                      |
| 18030  | Bread, french or vienna, toasted (includes sourdough)                     | 0.00                      |
| 18033  | Bread, italian  | 0.00                      |
| 18036  | Bread, multi-grain, toasted (includes whole-grain)                        | 0.00                      |
| 18037  | Bread, oat bran   | 0.00                      |
| 18038  | Bread, oat bran, toasted  | 0.00                      |
| 18039  | Bread, oatmeal  | 0.00                      |
| 18040  | Bread, oatmeal, toasted   | 0.00                      |
| 18041  | Bread, pita, white, enriched  | 0.00                      |
| 18042  | Bread, pita, whole-wheat  | 0.00                      |
| 18043  | Bread, protein (includes gluten)  | 0.00                      |
| 18044  | Bread, pumpernickel   | 0.00                      |
| 18045  | Bread, pumpernickel, toasted  | 0.00                      |
| 18047  | Bread, raisin, enriched   | 0.00                      |
| 18048  | Bread, raisin, enriched, toasted  | 0.00                      |
| 18049  | Bread, reduced-calorie, oat bran  | 0.00                      |
| 18050  | Bread, reduced-calorie, oat bran, toasted                                 | 0.00                      |
| 18053  | Bread, reduced-calorie, rye   | 0.00                      |
| 18055  | Bread, reduced-calorie, wheat   | 0.00                      |
| 18057  | Bread, reduced-calorie, white   | 0.00                      |
| 18059  | Bread, rice bran  | 0.00                      |
| 18060  | Bread, rye  | 0.00                      |
| 18061  | Bread, rye, toasted   | 0.00                      |
| 18064  | Bread, wheat  | 0.00                      |
| 18065  | Bread, wheat, toasted   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18066  | Bread, wheat bran   | 0.00                      |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)              | 0.00                      |
| 18070  | Bread, white, commercially prepared, toasted                                  | 0.00                      |
| 18075  | Bread, whole-wheat, commercially prepared                                     | 0.00                      |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                            | 0.00                      |
| 18077  | Bread, whole-wheat, prepared from recipe                                      | 0.00                      |
| 18078  | Bread, whole-wheat, prepared from recipe, toasted                             | 0.00                      |
| 18079  | Bread crumbs, dry, grated, plain  | 0.00                      |
| 18080  | Bread sticks, plain   | 0.00                      |
| 18081  | Bread stuffing, bread, dry mix  | 0.00                      |
| 18082  | Bread stuffing, bread, dry mix, prepared                                      | 0.00                      |
| 18085  | Bread stuffing, cornbread, dry mix, prepared                                  | 0.00                      |
| 18087  | Cake, angelfood, dry mix  | 0.00                      |
| 18088  | Cake, angelfood, dry mix, prepared  | 0.00                      |
| 18090  | Cake, boston cream pie, commercially prepared                                 | 0.00                      |
| 18095  | Cake, cherry fudge with chocolate frosting                                    | 0.00                      |
| 18102  | Cake, white, prepared from recipe with coconut frosting                       | 0.00                      |
| 18107  | Coffeecake, cinnamon with crumb topping, dry mix                              | 0.00                      |
| 18108  | Coffeecake, cinnamon with crumb topping, dry mix, prepared                    | 0.00                      |
| 18110  | Cake, fruitcake, commercially prepared  | 0.00                      |
| 18114  | Cake, gingerbread, dry mix  | 0.00                      |
| 18120  | Cake, pound, commercially prepared, butter (includes fresh and frozen)        | 0.00                      |
| 18128  | Cake, snack cakes, creme-filled, sponge                                       | 0.00                      |
| 18133  | Cake, sponge, commercially prepared   | 0.00                      |
| 18135  | Cake, pudding-type, white, enriched, dry mix                                  | 0.00                      |
| 18139  | Cake, white, prepared from recipe without frosting                            | 0.00                      |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery | 0.00                      |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting                    | 0.00                      |
| 18142  | Cake, pudding-type, yellow, dry mix   | 0.00                      |
| 18144  | Cake, yellow, enriched, dry mix   | 0.00                      |
| 18147  | Cheesecake commercially prepared  | 0.00                      |
| 18155  | Cookies, butter, commercially prepared, enriched                              | 0.00                      |
| 18170  | Cookies, fig bars   | 0.00                      |
| 18171  | Cookies, fortune  | 0.00                      |
| 18172  | Cookies, gingersnaps  | 0.00                      |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                  | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18175  | Cookies, ladyfingers, with lemon juice and rind                     | 0.00                      |
| 18177  | Cookies, molasses   | 0.00                      |
| 18178  | Cookies, oatmeal, commercially prepared, regular                    | 0.00                      |
| 18185  | Cookies, peanut butter, commercially prepared, regular              | 0.00                      |
| 18190  | Cookies, peanut butter sandwich, regular                            | 0.00                      |
| 18191  | Cookies, raisin, soft-type  | 0.00                      |
| 18192  | Cookies, shortbread, commercially prepared, plain                   | 0.00                      |
| 18200  | Cookies, oatmeal, commercially prepared, special dietary            | 0.00                      |
| 18202  | Cookies, sugar wafer, with creme filling, sugar free                | 0.00                      |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)   | 0.00                      |
| 18205  | Cookies, sugar, refrigerated dough                                  | 0.00                      |
| 18206  | Cookies, sugar, refrigerated dough, baked                           | 0.00                      |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine           | 0.00                      |
| 18210  | Cookies, vanilla sandwich with creme filling                        | 0.00                      |
| 18211  | Puff pastry, frozen, ready-to-bake, baked                           | 0.00                      |
| 18212  | Cookies, vanilla wafers, lower fat                                  | 0.00                      |
| 18213  | Cookies, vanilla wafers, higher fat                                 | 0.00                      |
| 18214  | Crackers, cheese, regular   | 0.00                      |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling          | 0.00                      |
| 18216  | Crackers, crispbread, rye   | 0.00                      |
| 18217  | Crackers, matzo, plain  | 0.00                      |
| 18220  | Crackers, melba toast, plain  | 0.00                      |
| 18223  | Crackers, milk  | 0.00                      |
| 18226  | Crackers, rye, wafers, plain  | 0.00                      |
| 18228  | Crackers, saltines (includes oyster, soda, soup)                    | 0.00                      |
| 18229  | Crackers, standard snack-type, regular                              | 0.00                      |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling        | 0.00                      |
| 18231  | Crackers, standard snack-type, sandwich, with peanut butter filling | 0.00                      |
| 18232  | Crackers, wheat, regular  | 0.00                      |
| 18235  | Crackers, whole-wheat   | 0.00                      |
| 18236  | Cracker meal  | 0.00                      |
| 18237  | Cream puff shell, prepared from recipe                              | 0.00                      |
| 18239  | Croissants, butter  | 0.00                      |
| 18241  | Croissants, cheese  | 0.00                      |
| 18243  | Croutons, seasoned  | 0.00                      |
| 18244  | Danish pastry, cinnamon, enriched                                   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18245  | Danish pastry, cheese   | 0.00                      |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 0.00                      |
| 18247  | Danish pastry, nut (includes almond, raisin nut, cinnamon nut)                                  | 0.00                      |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 0.00                      |
| 18253  | Doughnuts, french crullers, glazed  | 0.00                      |
| 18254  | Doughnuts, yeast-leavened, with creme filling   | 0.00                      |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 0.00                      |
| 18256  | Doughnuts, yeast-leavened, with jelly filling   | 0.00                      |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                             | 0.00                      |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)         | 0.00                      |
| 18260  | English muffins, mixed-grain (includes granola)   | 0.00                      |
| 18261  | English muffins, mixed-grain, toasted (includes granola)  | 0.00                      |
| 18262  | English muffins, raisin-cinnamon (includes apple-cinnamon)                                      | 0.00                      |
| 18263  | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)                             | 0.00                      |
| 18264  | English muffins, wheat  | 0.00                      |
| 18265  | English muffins, wheat, toasted   | 0.00                      |
| 18266  | English muffins, whole-wheat  | 0.00                      |
| 18267  | English muffins, whole-wheat, toasted   | 0.00                      |
| 18270  | Hush puppies, prepared from recipe  | 0.00                      |
| 18271  | Ice cream cones, cake or wafer-type   | 0.00                      |
| 18272  | Ice cream cones, sugar, rolled-type   | 0.00                      |
| 18274  | Muffins, blueberry, commercially prepared (Includes mini-muffins)                               | 0.00                      |
| 18277  | Muffins, blueberry, toaster-type  | 0.00                      |
| 18279  | Muffins, corn, commercially prepared  | 0.00                      |
| 18283  | Muffins, oat bran   | 0.00                      |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                                     | 0.00                      |
| 18291  | Pancakes, plain, dry mix, incomplete (includes buttermilk)                                      | 0.00                      |
| 18295  | Pancakes, buckwheat, dry mix, incomplete  | 0.00                      |
| 18301  | Pie, apple, commercially prepared, enriched flour   | 0.00                      |
| 18304  | Pie, banana cream, prepared from recipe   | 0.00                      |
| 18305  | Pie, blueberry, commercially prepared   | 0.00                      |
| 18308  | Pie, cherry, commercially prepared  | 0.00                      |
| 18310  | Pie, chocolate creme, commercially prepared   | 0.00                      |
| 18313  | Pie, coconut creme, commercially prepared   | 0.00                      |
| 18317  | Pie, egg custard, commercially prepared   | 0.00                      |
| 18319  | Pie, fried pies, fruit  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18320  | Pie, lemon meringue, commercially prepared                              | 0.00                      |
| 18322  | Pie, mince, prepared from recipe  | 0.00                      |
| 18323  | Pie, peach  | 0.00                      |
| 18324  | Pie, pecan, commercially prepared                                       | 0.00                      |
| 18326  | Pie, pumpkin, commercially prepared                                     | 0.00                      |
| 18328  | Pie, vanilla cream, prepared from recipe                                | 0.00                      |
| 18334  | Pie crust, standard-type, frozen, ready-to-bake, enriched               | 0.00                      |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked        | 0.00                      |
| 18336  | Pie crust, standard-type, prepared from recipe, baked                   | 0.00                      |
| 18337  | Puff pastry, frozen, ready-to-bake                                      | 0.00                      |
| 18338  | Phyllo dough  | 0.00                      |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)  | 0.00                      |
| 18344  | Rolls, dinner, egg  | 0.00                      |
| 18345  | Rolls, dinner, oat bran   | 0.00                      |
| 18346  | Rolls, dinner, rye  | 0.00                      |
| 18347  | Rolls, dinner, wheat  | 0.00                      |
| 18348  | Rolls, dinner, whole-wheat  | 0.00                      |
| 18349  | Rolls, french   | 0.00                      |
| 18350  | Rolls, hamburger or hotdog, plain                                       | 0.00                      |
| 18351  | Rolls, hamburger or hotdog, mixed-grain                                 | 0.00                      |
| 18352  | Rolls, hamburger or hotdog, reduced-calorie                             | 0.00                      |
| 18353  | Rolls, hard (includes kaiser)   | 0.00                      |
| 18354  | Strudel, apple  | 0.00                      |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins               | 0.00                      |
| 18360  | Taco shells, baked  | 0.00                      |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 0.00                      |
| 18363  | Tortillas, ready-to-bake or -fry, corn                                  | 0.00                      |
| 18364  | Tortillas, ready-to-bake or -fry, flour, refrigerated                   | 0.00                      |
| 18365  | Waffles, plain, frozen, ready-to-heat                                   | 0.00                      |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 0.00                      |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate      | 0.00                      |
| 18371  | Leavening agents, baking powder, low-sodium                             | 0.00                      |
| 18372  | Leavening agents, baking soda   | 0.00                      |
| 18373  | Leavening agents, cream of tartar                                       | 0.00                      |
| 18374  | Leavening agents, yeast, baker's, compressed                            | 0.00                      |
| 18375  | Leavening agents, yeast, baker's, active dry                            | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 18376  | Bread crumbs, dry, grated, seasoned  | 0.00                      |
| 18383  | Bread, protein, (includes gluten), toasted                                       | 0.00                      |
| 18384  | Bread, rice bran, toasted  | 0.00                      |
| 18385  | Bread, wheat germ, toasted   | 0.00                      |
| 18386  | Muffins, blueberry, toaster-type, toasted  | 0.00                      |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted                          | 0.00                      |
| 18399  | Pie crust, cookie-type, prepared from recipe, graham cracker, chilled            | 0.00                      |
| 18401  | Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled             | 0.00                      |
| 18402  | Pie crust, standard-type, prepared from recipe, unbaked                          | 0.00                      |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted                                  | 0.00                      |
| 18416  | Bread, white, commercially prepared, low sodium, no salt                         | 0.00                      |
| 18425  | Crackers, saltines, low salt (includes oyster, soda, soup)                       | 0.00                      |
| 18427  | Crackers, standard snack-type, regular, low salt                                 | 0.00                      |
| 18428  | Crackers, wheat, low salt  | 0.00                      |
| 18429  | Crackers, whole-wheat, low salt  | 0.00                      |
| 18434  | Crackers, cheese, low sodium   | 0.00                      |
| 18451  | Cake, pound, commercially prepared, fat-free                                     | 0.00                      |
| 18457  | Crackers, saltines, fat-free, low-sodium   | 0.00                      |
| 18459  | Breakfast tart, low fat  | 0.00                      |
| 18927  | Crackers, cheese, sandwich-type with cheese filling                              | 0.00                      |
| 18932  | Waffles, buttermilk, frozen, ready-to-heat                                       | 0.00                      |
| 18933  | Waffle, buttermilk, frozen, ready-to-heat, toasted                               | 0.00                      |
| 18936  | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)          | 0.00                      |
| 18938  | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry) | 0.00                      |
| 18940  | Muffin, blueberry, commercially prepared, low-fat                                | 0.00                      |
| 18942  | Pie Crust, Cookie-type, Graham Cracker, Ready Crust                              | 0.00                      |
| 18944  | Pie, Dutch Apple, Commercially Prepared  | 0.00                      |
| 18949  | Crackers, whole-wheat, reduced fat   | 0.00                      |
| 18950  | Crackers, wheat, reduced fat   | 0.00                      |
| 18953  | Bread, salvadoran sweet cheese (quesadilla salvadorena)                          | 0.00                      |
| 18955  | Bread, pan dulce, sweet yeast bread  | 0.00                      |
| 18963  | Garlic bread, frozen   | 0.00                      |
| 18964  | Cinnamon buns, frosted (includes honey buns)                                     | 0.00                      |
| 18965  | Crackers, cheese, reduced fat  | 0.00                      |
| 18966  | Crackers, saltines, whole wheat (includes multi-grain)                           | 0.00                      |
| 18967  | Bread, white wheat   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 18968  | Bagels, wheat   | 0.00                      |
| 18969  | Cream puff, eclair, custard or cream filled, iced                       | 0.00                      |
| 18970  | Tortillas, ready-to-bake or -fry, flour, shelf stable                   | 0.00                      |
| 18971  | Bread, potato   | 0.00                      |
| 18972  | Bread, cheese   | 0.00                      |
| 18973  | Focaccia, Italian flatbread, plain                                      | 0.00                      |
| 19002  | Snacks, beef jerky, chopped and formed                                  | 0.00                      |
| 19003  | Snacks, corn-based, extruded, chips, plain                              | 0.00                      |
| 19007  | Snacks, corn-based, extruded, onion-flavor                              | 0.00                      |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor            | 0.00                      |
| 19009  | Snacks, KRAFT, CORNNUTS, plain  | 0.00                      |
| 19013  | Snacks, fruit leather, pieces   | 0.00                      |
| 19014  | Snacks, fruit leather, rolls  | 0.00                      |
| 19015  | Snacks, granola bars, hard, plain                                       | 0.00                      |
| 19018  | Fruit syrup   | 0.00                      |
| 19030  | Syrup, fruit flavored   | 0.00                      |
| 19031  | Snacks, oriental mix, rice-based  | 0.00                      |
| 19033  | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor                     | 0.00                      |
| 19034  | Snacks, popcorn, air-popped   | 0.00                      |
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat    | 0.00                      |
| 19036  | Snacks, popcorn, cakes  | 0.00                      |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts                           | 0.00                      |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                        | 0.00                      |
| 19040  | Snacks, popcorn, cheese-flavor  | 0.00                      |
| 19041  | Snacks, pork skins, plain   | 0.00                      |
| 19042  | Snacks, potato chips, barbecue-flavor                                   | 0.00                      |
| 19045  | Snacks, potato chips, made from dried potatoes, reduced fat             | 0.00                      |
| 19047  | Snacks, pretzels, hard, plain, salted                                   | 0.00                      |
| 19049  | Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel                  | 0.00                      |
| 19051  | Snacks, rice cracker brown rice, plain                                  | 0.00                      |
| 19056  | Snacks, tortilla chips, plain, white corn, salted                       | 0.00                      |
| 19057  | Snacks, tortilla chips, nacho cheese                                    | 0.00                      |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 0.00                      |
| 19068  | Candies, NESTLE, BIT-O'-HONEY Candy Chews                               | 0.00                      |
| 19070  | Candies, butterscotch   | 0.00                      |
| 19071  | Candies, carob, unsweetened   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 19074  | Candies, caramels  | 0.00                      |
| 19079  | Candies, confectioner's coating, yogurt                            | 0.00                      |
| 19085  | Candies, confectioner's coating, butterscotch                      | 0.00                      |
| 19086  | Candies, confectioner's coating, peanut butter                     | 0.00                      |
| 19087  | Candies, white chocolate   | 0.00                      |
| 19088  | Ice creams, vanilla, light   | 0.00                      |
| 19089  | Ice creams, vanilla, rich  | 0.00                      |
| 19090  | Ice creams, french vanilla, soft-serve                             | 0.00                      |
| 19094  | Desserts, flan, caramel custard, prepared-from-recipe              | 0.00                      |
| 19095  | Ice creams, vanilla  | 0.00                      |
| 19096  | Ice creams, vanilla, light, soft-serve                             | 0.00                      |
| 19097  | Sherbet, orange  | 0.00                      |
| 19099  | Candies, fondant, prepared-from-recipe                             | 0.00                      |
| 19102  | Candies, fudge, peanut butter, prepared-from-recipe                | 0.00                      |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                      | 0.00                      |
| 19104  | Candies, fudge, vanilla with nuts                                  | 0.00                      |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 0.00                      |
| 19107  | Candies, hard  | 0.00                      |
| 19108  | Candies, jellybeans  | 0.00                      |
| 19113  | Syrups, table blends, pancake, with butter                         | 0.00                      |
| 19116  | Candies, marshmallows  | 0.00                      |
| 19121  | Puddings, banana, dry mix, instant, prepared with 2% milk          | 0.00                      |
| 19122  | Puddings, banana, dry mix, regular, prepared with 2% milk          | 0.00                      |
| 19128  | Syrups, table blends, pancake, reduced-calorie                     | 0.00                      |
| 19129  | Syrups, table blends, pancake                                      | 0.00                      |
| 19137  | Toppings, strawberry   | 0.00                      |
| 19147  | Candies, peanut bar  | 0.00                      |
| 19148  | Candies, peanut brittle, prepared-from-recipe                      | 0.00                      |
| 19151  | Candies, REESE'S PIECES Candy                                      | 0.00                      |
| 19154  | Candies, sesame crunch   | 0.00                      |
| 19156  | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 0.00                      |
| 19163  | Chewing gum  | 0.00                      |
| 19168  | Desserts, egg custard, baked, prepared-from-recipe                 | 0.00                      |
| 19170  | Egg custards, dry mix, prepared with whole milk                    | 0.00                      |
| 19172  | Gelatin desserts, dry mix  | 0.00                      |
| 19173  | Gelatin desserts, dry mix, prepared with water                     | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 19175  | Gelatin desserts, dry mix, reduced calorie, with aspartame                      | 0.00                      |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 0.00                      |
| 19177  | Gelatins, dry powder, unsweetened   | 0.00                      |
| 19186  | Desserts, apple crisp, prepared-from-recipe                                     | 0.00                      |
| 19187  | Flan, caramel custard, dry mix  | 0.00                      |
| 19191  | Puddings, coconut cream, dry mix, instant, prepared with 2% milk                | 0.00                      |
| 19193  | Puddings, rice, ready-to-eat  | 0.00                      |
| 19195  | Puddings, rice, dry mix, prepared with whole milk                               | 0.00                      |
| 19199  | Puddings, tapioca, dry mix, prepared with whole milk                            | 0.00                      |
| 19201  | Puddings, vanilla, ready-to-eat   | 0.00                      |
| 19202  | Puddings, vanilla, dry mix, instant   | 0.00                      |
| 19203  | Puddings, vanilla, dry mix, instant, prepared with whole milk                   | 0.00                      |
| 19204  | Puddings, lemon, dry mix, instant, prepared with 2% milk                        | 0.00                      |
| 19205  | Egg custards, dry mix, prepared with 2% milk                                    | 0.00                      |
| 19206  | Puddings, vanilla, dry mix, regular   | 0.00                      |
| 19207  | Puddings, vanilla, dry mix, regular, prepared with whole milk                   | 0.00                      |
| 19208  | Puddings, rice, dry mix, prepared with 2% milk                                  | 0.00                      |
| 19209  | Puddings, tapioca, dry mix, prepared with 2% milk                               | 0.00                      |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk                      | 0.00                      |
| 19216  | Candies, praline, prepared-from-recipe  | 0.00                      |
| 19218  | Puddings, tapioca, ready-to-eat   | 0.00                      |
| 19227  | Frostings, coconut-nut, ready-to-eat  | 0.00                      |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 0.00                      |
| 19233  | Puddings, vanilla, ready-to-eat, fat free                                       | 0.00                      |
| 19234  | Puddings, tapioca, ready-to-eat, fat free                                       | 0.00                      |
| 19238  | Candies, REESE'S BITES  | 0.00                      |
| 19243  | Candies, HEATH BITES  | 0.00                      |
| 19249  | Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate      | 0.00                      |
| 19250  | Candies, HERSHEY, KIT KAT BIG KAT Bar   | 0.00                      |
| 19252  | Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats     | 0.00                      |
| 19260  | Ice creams, vanilla, light, no sugar added                                      | 0.00                      |
| 19263  | Frozen novelties, fruit and juice bars  | 0.00                      |
| 19265  | Ice creams, chocolate, light, no sugar added                                    | 0.00                      |
| 19271  | Ice creams, strawberry  | 0.00                      |
| 19280  | Frozen novelties, ice type, lime  | 0.00                      |
| 19283  | Frozen novelties, ice type, pop   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 19293  | Frozen yogurts, vanilla, soft-serve                                       | 0.00                      |
| 19294  | Fruit butters, apple  | 0.00                      |
| 19296  | Honey   | 0.00                      |
| 19297  | Jams and preserves  | 0.00                      |
| 19300  | Jellies   | 0.00                      |
| 19303  | Marmalade, orange   | 0.00                      |
| 19304  | Molasses  | 0.00                      |
| 19312  | Pie fillings, apple, canned   | 0.00                      |
| 19318  | Puddings, banana, dry mix, instant  | 0.00                      |
| 19319  | Puddings, banana, dry mix, instant, prepared with whole milk              | 0.00                      |
| 19320  | Puddings, banana, dry mix, regular  | 0.00                      |
| 19321  | Puddings, banana, dry mix, regular, prepared with whole milk              | 0.00                      |
| 19322  | Puddings, coconut cream, dry mix, instant                                 | 0.00                      |
| 19324  | Puddings, coconut cream, dry mix, regular                                 | 0.00                      |
| 19330  | Puddings, lemon, dry mix, instant   | 0.00                      |
| 19332  | Puddings, lemon, dry mix, regular   | 0.00                      |
| 19333  | Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water | 0.00                      |
| 19334  | Sugars, brown   | 0.00                      |
| 19335  | Sugars, granulated  | 0.00                      |
| 19336  | Sugars, powdered  | 0.00                      |
| 19337  | Sweeteners, tabletop, aspartame, EQUAL, packets                           | 0.00                      |
| 19340  | Sugars, maple   | 0.00                      |
| 19349  | Syrups, corn, dark  | 0.00                      |
| 19350  | Syrups, corn, light   | 0.00                      |
| 19351  | Syrups, corn, high-fructose   | 0.00                      |
| 19353  | Syrups, maple   | 0.00                      |
| 19355  | Syrups, sorghum   | 0.00                      |
| 19360  | Syrups, table blends, pancake, with 2% maple                              | 0.00                      |
| 19361  | Syrups, table blends, cane and 15% maple                                  | 0.00                      |
| 19364  | Toppings, butterscotch or caramel   | 0.00                      |
| 19365  | Toppings, marshmallow cream   | 0.00                      |
| 19366  | Toppings, pineapple   | 0.00                      |
| 19367  | Toppings, nuts in syrup   | 0.00                      |
| 19370  | Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies           | 0.00                      |
| 19375  | Frostings, glaze, prepared-from-recipe                                    | 0.00                      |
| 19382  | Candies, taffy, prepared-from-recipe                                      | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 19383  | Candies, toffee, prepared-from-recipe  | 0.00                      |
| 19384  | Candies, divinity, prepared-from-recipe  | 0.00                      |
| 19400  | Snacks, banana chips   | 0.00                      |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip   | 0.00                      |
| 19410  | Snack, potato chips, made from dried potatoes, plain   | 0.00                      |
| 19411  | Snacks, potato chips, plain, salted  | 0.00                      |
| 19415  | Snacks, potato sticks  | 0.00                      |
| 19418  | Snacks, sesame sticks, wheat-based, salted   | 0.00                      |
| 19419  | Snacks, corn cakes   | 0.00                      |
| 19422  | Snacks, potato chips, reduced fat  | 0.00                      |
| 19423  | Snacks, potato chips, fat-free, made with olestra  | 0.00                      |
| 19433  | Tortilla chips, low fat, baked without fat   | 0.00                      |
| 19434  | Cheese puffs and twists, corn based, baked, low fat  | 0.00                      |
| 19436  | Popcorn, sugar syrup/caramel, fat-free   | 0.00                      |
| 19437  | Snacks, potato chips, fat free, salted   | 0.00                      |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares  | 0.00                      |
| 19444  | Snacks, tortilla chips, low fat, made with olestra, nacho cheese   | 0.00                      |
| 19445  | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra                                | 0.00                      |
| 19524  | Snacks, taro chips   | 0.00                      |
| 19702  | Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt                               | 0.00                      |
| 19703  | Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C | 0.00                      |
| 19704  | Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium                                | 0.00                      |
| 19705  | Puddings, banana, dry mix, instant, with added oil   | 0.00                      |
| 19706  | Puddings, banana, dry mix, regular, with added oil   | 0.00                      |
| 19708  | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium                                       | 0.00                      |
| 19709  | Puddings, tapioca, dry mix, with no added salt   | 0.00                      |
| 19710  | Puddings, vanilla, dry mix, regular, with added oil  | 0.00                      |
| 19719  | Jams and preserves, apricot  | 0.00                      |
| 19802  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched                                   | 0.00                      |
| 19811  | Snacks, potato chips, plain, unsalted  | 0.00                      |
| 19814  | Snacks, pretzels, hard, plain, made with enriched flour, unsalted  | 0.00                      |
| 19816  | Snacks, rice cakes, brown rice, plain, unsalted  | 0.00                      |
| 19823  | Potato chips, without salt, reduced fat  | 0.00                      |
| 19833  | Snacks, tortilla chips, low fat, unsalted  | 0.00                      |
| 19858  | Candies, sugar-coated almonds  | 0.00                      |
| 19866  | Candies, soft fruit and nut squares  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 19867  | Ice creams, vanilla, fat free                                | 0.00                      |
| 19868  | Sweeteners, tabletop, sucralose, SLENDA packets              | 0.00                      |
| 19898  | Ice creams, regular, low carbohydrate, vanilla               | 0.00                      |
| 19910  | Candies, crispy bar with peanut butter filling               | 0.00                      |
| 19911  | Syrup, maple, Canadian                                       | 0.00                      |
| 19912  | Sweetener, syrup, agave                                      | 0.00                      |
| 19918  | Sweetener, herbal extract powder from Stevia leaf            | 0.00                      |
| 19919  | Candies, fruit snacks, with high vitamin C                   | 0.00                      |
| 20004  | Barley, hulled   | 0.00                      |
| 20005  | Barley, pearled, raw   | 0.00                      |
| 20006  | Barley, pearled, cooked                                      | 0.00                      |
| 20010  | Buckwheat groats, roasted, cooked                            | 0.00                      |
| 20011  | Buckwheat flour, whole-groat                                 | 0.00                      |
| 20012  | Bulgur, dry  | 0.00                      |
| 20013  | Bulgur, cooked   | 0.00                      |
| 20014  | Corn grain, yellow   | 0.00                      |
| 20015  | Corn bran, crude   | 0.00                      |
| 20016  | Corn flour, whole-grain, yellow                              | 0.00                      |
| 20017  | Corn flour, masa, enriched, white                            | 0.00                      |
| 20018  | Corn flour, yellow, degermed, unenriched                     | 0.00                      |
| 20019  | Corn flour, masa, unenriched, white                          | 0.00                      |
| 20020  | Cornmeal, whole-grain, yellow                                | 0.00                      |
| 20022  | Cornmeal, degermed, enriched, yellow                         | 0.00                      |
| 20027  | Cornstarch   | 0.00                      |
| 20029  | Couscous, cooked   | 0.00                      |
| 20030  | Hominy, canned, white  | 0.00                      |
| 20032  | Millet, cooked   | 0.00                      |
| 20033  | Oat bran, raw  | 0.00                      |
| 20036  | Rice, brown, long-grain, raw                                 | 0.00                      |
| 20037  | Rice, brown, long-grain, cooked                              | 0.00                      |
| 20042  | Rice, brown, parboiled, dry, UNCLE BEN'S                     | 0.00                      |
| 20044  | Rice, white, long-grain, regular, raw, enriched              | 0.00                      |
| 20045  | Rice, white, long-grain, regular, enriched, cooked           | 0.00                      |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry            | 0.00                      |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked         | 0.00                      |
| 20048  | Rice, white, long-grain, precooked or instant, enriched, dry | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared | 0.00                      |
| 20055  | Rice, white, glutinous, unenriched, cooked                        | 0.00                      |
| 20060  | Rice bran, crude  | 0.00                      |
| 20061  | Rice flour, white, unenriched                                     | 0.00                      |
| 20062  | Rye grain   | 0.00                      |
| 20063  | Rye flour, dark   | 0.00                      |
| 20064  | Rye flour, medium   | 0.00                      |
| 20065  | Rye flour, light  | 0.00                      |
| 20068  | Tapioca, pearl, dry   | 0.00                      |
| 20071  | Wheat, hard red spring  | 0.00                      |
| 20072  | Wheat, hard red winter  | 0.00                      |
| 20074  | Wheat, hard white   | 0.00                      |
| 20075  | Wheat, soft white   | 0.00                      |
| 20077  | Wheat bran, crude   | 0.00                      |
| 20080  | Wheat flour, whole-grain  | 0.00                      |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached               | 0.00                      |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched            | 0.00                      |
| 20083  | Wheat flour, white, bread, enriched                               | 0.00                      |
| 20084  | Wheat flour, white, cake, enriched                                | 0.00                      |
| 20088  | Wild rice, raw  | 0.00                      |
| 20089  | Wild rice, cooked   | 0.00                      |
| 20106  | Macaroni, vegetable, enriched, cooked                             | 0.00                      |
| 20109  | Noodles, egg, dry, enriched                                       | 0.00                      |
| 20110  | Noodles, egg, enriched, cooked                                    | 0.00                      |
| 20112  | Noodles, egg, spinach, enriched, cooked                           | 0.00                      |
| 20113  | Noodles, chinese, chow mein                                       | 0.00                      |
| 20118  | Noodles, flat, crunchy, Chinese restaurant                        | 0.00                      |
| 20120  | Pasta, dry, enriched  | 0.00                      |
| 20121  | Pasta, cooked, enriched, without added salt                       | 0.00                      |
| 20125  | Pasta, whole-wheat, cooked  | 0.00                      |
| 20126  | Spaghetti, spinach, dry   | 0.00                      |
| 20129  | Wheat flours, bread, unenriched                                   | 0.00                      |
| 20130  | Barley flour or meal  | 0.00                      |
| 20131  | Barley malt flour   | 0.00                      |
| 20132  | Oat flour, partially debranned                                    | 0.00                      |
| 20133  | Rice noodles, dry   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 20134  | Rice noodles, cooked   | 0.00                      |
| 20137  | Quinoa, cooked   | 0.00                      |
| 20316  | Corn flour, whole-grain, white   | 0.00                      |
| 20320  | Cornmeal, whole-grain, white   | 0.00                      |
| 20321  | Pasta, cooked, enriched, with added salt                                 | 0.00                      |
| 20322  | Cornmeal, degermed, enriched, white                                      | 0.00                      |
| 20345  | Rice, white, long-grain, regular, cooked, enriched, with salt            | 0.00                      |
| 20409  | Noodles, egg, dry, unenriched  | 0.00                      |
| 20410  | Noodles, egg, unenriched, cooked, without added salt                     | 0.00                      |
| 20421  | Pasta, cooked, unenriched, without added salt                            | 0.00                      |
| 20422  | Cornmeal, degermed, unenriched, yellow                                   | 0.00                      |
| 20444  | Rice, white, long-grain, regular, raw, unenriched                        | 0.00                      |
| 20445  | Rice, white, long-grain, regular, unenriched, cooked without salt        | 0.00                      |
| 20481  | Wheat flour, white, all-purpose, unenriched                              | 0.00                      |
| 20545  | Rice, white, long-grain, regular, cooked, unenriched, with salt          | 0.00                      |
| 20581  | Wheat flour, white, all-purpose, enriched, unbleached                    | 0.00                      |
| 20654  | Pasta, gluten-free, brown rice flour, cooked, TINKYADA                   | 0.00                      |
| 20655  | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST | 0.00                      |
| 20656  | Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES   | 0.00                      |
| 20657  | Pasta, gluten-free, corn and rice flour, cooked                          | 0.00                      |
| 21003  | Fast foods, biscuit, with egg and bacon                                  | 0.00                      |
| 21004  | Fast foods, biscuit, with egg and ham                                    | 0.00                      |
| 21005  | Fast Foods, biscuit, with egg and sausage                                | 0.00                      |
| 21007  | Fast foods, biscuit, with egg, cheese, and bacon                         | 0.00                      |
| 21008  | Fast foods, biscuit, with ham  | 0.00                      |
| 21009  | Fast foods, biscuit, with sausage  | 0.00                      |
| 21010  | Fast foods, biscuit, with crispy chicken fillet                          | 0.00                      |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                       | 0.00                      |
| 21013  | Fast foods, croissant, with egg, cheese, and ham                         | 0.00                      |
| 21014  | Fast foods, croissant, with egg, cheese, and sausage                     | 0.00                      |
| 21018  | Fast foods, egg, scrambled   | 0.00                      |
| 21020  | Fast foods, english muffin, with cheese and sausage                      | 0.00                      |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon         | 0.00                      |
| 21022  | Fast foods, english muffin, with egg, cheese, and sausage                | 0.00                      |
| 21024  | Fast foods, french toast sticks  | 0.00                      |
| 21026  | Fast foods, potatoes, hash browns, round pieces or patty                 | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 21028  | Fast foods, vanilla, light, soft-serve ice cream, with cone  | 0.00                      |
| 21059  | Fast foods, shrimp, breaded and fried  | 0.00                      |
| 21061  | Fast foods, burrito, with beans and cheese   | 0.00                      |
| 21063  | Fast foods, burrito, with beans and beef   | 0.00                      |
| 21064  | Fast foods, burrito, with beans, cheese, and beef  | 0.00                      |
| 21078  | Fast foods, nachos, with cheese  | 0.00                      |
| 21080  | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes  | 0.00                      |
| 21082  | Fast foods, taco with beef, cheese and lettuce, hard shell   | 0.00                      |
| 21089  | Fast foods, cheeseburger; single, regular patty; plain   | 0.00                      |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments   | 0.00                      |
| 21091  | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables  | 0.00                      |
| 21094  | Fast foods, cheeseburger, double, regular patty and bun, with condiments   | 0.00                      |
| 21096  | Fast foods, cheeseburger; single, large patty; plain   | 0.00                      |
| 21102  | Fast foods, chicken fillet sandwich, plain with pickles  | 0.00                      |
| 21105  | Fast foods, fish sandwich, with tartar sauce   | 0.00                      |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese  | 0.00                      |
| 21107  | Fast foods, hamburger; single, regular patty; plain  | 0.00                      |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments  | 0.00                      |
| 21121  | Fast foods, roast beef sandwich, plain   | 0.00                      |
| 21124  | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato  | 0.00                      |
| 21125  | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato                                      | 0.00                      |
| 21126  | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato  | 0.00                      |
| 21129  | Fast foods, hush puppies   | 0.00                      |
| 21130  | Fast foods, onion rings, breaded and fried   | 0.00                      |
| 21138  | Fast foods, potato, french fried in vegetable oil  | 0.00                      |
| 21139  | Fast foods, potato, mashed   | 0.00                      |
| 21142  | Fast food, biscuit   | 0.00                      |
| 21151  | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 0.00                      |
| 21153  | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato                      | 0.00                      |
| 21154  | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato                            | 0.00                      |
| 21155  | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato                                   | 0.00                      |
| 21156  | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato   | 0.00                      |
| 21158  | Fast foods, submarine sandwich, meatball marinara on white bread   | 0.00                      |
| 21160  | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato                        | 0.00                      |
| 21162  | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread  | 0.00                      |
| 21202  | Fast foods, hamburger, large, single patty, with condiments  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 21224  | Pizza, cheese topping, regular crust, frozen, cooked   | 0.00                      |
| 21225  | Pizza, cheese topping, rising crust, frozen, cooked  | 0.00                      |
| 21226  | Pizza, meat and vegetable topping, regular crust, frozen, cooked                                     | 0.00                      |
| 21227  | Pizza, meat and vegetable topping, rising crust, frozen, cooked                                      | 0.00                      |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                       | 0.00                      |
| 21230  | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise                               | 0.00                      |
| 21299  | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust                                     | 0.00                      |
| 21300  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust                                       | 0.00                      |
| 21301  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust  | 0.00                      |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust                                  | 0.00                      |
| 21303  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust                                    | 0.00                      |
| 21304  | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust                         | 0.00                      |
| 21305  | Fast foods, griddle cake sandwich, egg, cheese, and sausage  | 0.00                      |
| 21306  | Fast foods, griddle cake sandwich, sausage   | 0.00                      |
| 21307  | Fast foods, griddle cake sandwich, egg, cheese, and bacon  | 0.00                      |
| 21389  | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise               | 0.00                      |
| 21390  | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise               | 0.00                      |
| 21395  | Fast foods, cheeseburger; double, regular patty; with condiments                                     | 0.00                      |
| 21397  | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise            | 0.00                      |
| 21398  | Fast foods, cheeseburger; single, large patty; with condiments                                       | 0.00                      |
| 21399  | Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise            | 0.00                      |
| 21400  | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce | 0.00                      |
| 21401  | Fast foods, chicken tenders  | 0.00                      |
| 21410  | Fast foods, bagel, with egg, sausage patty, cheese, and condiments                                   | 0.00                      |
| 21411  | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments                                 | 0.00                      |
| 21461  | Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise    | 0.00                      |
| 21462  | Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise    | 0.00                      |
| 21463  | Yogurt parfait, lowfat, with fruit and granola   | 0.00                      |
| 21464  | Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed                              | 0.00                      |
| 21465  | Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed                           | 0.00                      |
| 21466  | Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed                               | 0.00                      |
| 21467  | Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed                                | 0.00                      |
| 21469  | Fast Foods, Fried Chicken, Breast, meat and skin and breading  | 0.00                      |
| 21470  | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading                                    | 0.00                      |
| 21471  | Fast Foods, Fried Chicken, Thigh, meat and skin and breading   | 0.00                      |
| 21472  | Fast Foods, Fried Chicken, Wing, meat and skin and breading  | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 21482  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust                        | 0.00                      |
| 21483  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust                         | 0.00                      |
| 21484  | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust                      | 0.00                      |
| 21485  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust                       | 0.00                      |
| 21486  | Fast foods, taco with beef, cheese and lettuce, soft                                   | 0.00                      |
| 21487  | Fast foods, taco with chicken, lettuce and cheese, soft                                | 0.00                      |
| 21488  | Fast foods, quesadilla, with chicken   | 0.00                      |
| 21490  | Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread            | 0.00                      |
| 21505  | Pizza, cheese topping, thin crust, frozen, cooked                                      | 0.00                      |
| 21511  | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust                       | 0.00                      |
| 21517  | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce          | 0.00                      |
| 21518  | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce         | 0.00                      |
| 21519  | Fast foods, breakfast burrito, with egg, cheese, and sausage                           | 0.00                      |
| 21520  | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese                 | 0.00                      |
| 21521  | Fast foods, strawberry banana smoothie made with ice and low-fat yogurt                | 0.00                      |
| 21600  | School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked           | 0.00                      |
| 21601  | School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked          | 0.00                      |
| 21602  | School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked        | 0.00                      |
| 21603  | School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked       | 0.00                      |
| 21604  | School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked          | 0.00                      |
| 21605  | School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked         | 0.00                      |
| 21610  | School Lunch, chicken patty, whole grain breaded                                       | 0.00                      |
| 21611  | School Lunch, chicken nuggets, whole grain breaded                                     | 0.00                      |
| 22126  | LOMA LINDA Big Franks, canned, unprepared  | 0.00                      |
| 22247  | Macaroni and Cheese, canned entree   | 0.00                      |
| 22401  | Spaghetti with meat sauce, frozen entree   | 0.00                      |
| 22402  | Beef macaroni with tomato sauce, frozen entree, reduced fat                            | 0.00                      |
| 22522  | Pasta with Sliced Franks in Tomato Sauce, canned entree                                | 0.00                      |
| 22535  | HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen | 0.00                      |
| 22537  | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen                                     | 0.00                      |
| 22899  | Ravioli, cheese-filled, canned   | 0.00                      |
| 22900  | Ravioli, meat-filled, with tomato sauce or meat sauce, canned                          | 0.00                      |
| 22901  | Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased                | 0.00                      |
| 22902  | Pizza, meat topping, thick crust, frozen, cooked                                       | 0.00                      |
| 22903  | Pizza, pepperoni topping, regular crust, frozen, cooked                                | 0.00                      |
| 22904  | Chili con carne with beans, canned entree  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 22905  | Beef stew, canned entree  | 0.00                      |
| 22906  | Chicken pot pie, frozen entree, prepared  | 0.00                      |
| 22908  | Beef, corned beef hash, with potato, canned   | 0.00                      |
| 22910  | Lasagna, cheese, frozen, prepared   | 0.00                      |
| 22911  | Chili, no beans, canned entree  | 0.00                      |
| 22912  | Spaghetti, with meatballs in tomato sauce, canned   | 0.00                      |
| 22914  | Pasta with tomato sauce, no meat, canned  | 0.00                      |
| 22916  | Lasagna with meat & sauce, frozen entree  | 0.00                      |
| 22918  | Burrito, bean and cheese, frozen  | 0.00                      |
| 22928  | Burrito, beef and bean, microwaved  | 0.00                      |
| 22953  | Egg rolls, pork, refrigerated, heated   | 0.00                      |
| 22954  | Egg rolls, chicken, refrigerated, heated  | 0.00                      |
| 22955  | Egg rolls, vegetable, frozen, prepared  | 0.00                      |
| 22956  | Lasagna, Vegetable, frozen, baked   | 0.00                      |
| 22957  | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved                            | 0.00                      |
| 22958  | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)      | 0.00                      |
| 22959  | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked  | 0.00                      |
| 22961  | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen  | 0.00                      |
| 22962  | LEAN POCKETS, Ham N Cheddar   | 0.00                      |
| 22969  | Chili with beans, microwavable bowls  | 0.00                      |
| 22970  | Macaroni and cheese, frozen entree  | 0.00                      |
| 22971  | Potato salad with egg   | 0.00                      |
| 22972  | Pulled pork in barbecue sauce   | 0.00                      |
| 22973  | Corn dogs, frozen, prepared   | 0.00                      |
| 22974  | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated  | 0.00                      |
| 22975  | Chicken, nuggets, white meat, precooked, frozen, not reheated   | 0.00                      |
| 22976  | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees                   | 0.00                      |
| 22977  | Lasagna with meat sauce, frozen, prepared   | 0.00                      |
| 22978  | Chicken tenders, breaded, frozen, prepared  | 0.00                      |
| 22998  | Rice and vermicelli mix, chicken flavor, unprepared   | 0.00                      |
| 23000  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw       | 0.00                      |
| 23001  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 23002  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.00                      |
| 23003  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 23004  | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled     | 0.00                      |
| 23005  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw                  | 0.00                      |



| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23006  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled                           | 0.00                      |
| 23007  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw   | 0.00                      |
| 23008  | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled                               | 0.00                      |
| 23030  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw                                      | 0.00                      |
| 23031  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                          | 0.00                      |
| 23032  | Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw                                     | 0.00                      |
| 23033  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                          | 0.00                      |
| 23034  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw                     | 0.00                      |
| 23035  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled         | 0.00                      |
| 23036  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw                     | 0.00                      |
| 23037  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 23038  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 23039  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23040  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 23041  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw                               | 0.00                      |
| 23042  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                   | 0.00                      |
| 23043  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw                               | 0.00                      |
| 23044  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                   | 0.00                      |
| 23045  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw                                    | 0.00                      |
| 23046  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                        | 0.00                      |
| 23047  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw                                    | 0.00                      |
| 23048  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                        | 0.00                      |
| 23049  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw                            | 0.00                      |
| 23050  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled                | 0.00                      |
| 23051  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw                            | 0.00                      |
| 23052  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                | 0.00                      |
| 23053  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw                 | 0.00                      |
| 23054  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled     | 0.00                      |
| 23055  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                                  | 0.00                      |
| 23056  | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                      | 0.00                      |
| 23057  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 23058  | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23059  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                           | 0.00                      |
| 23060  | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled               | 0.00                      |
| 23061  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                                | 0.00                      |
| 23062  | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled                    | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23063  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw                | 0.00                      |
| 23064  | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled    | 0.00                      |
| 23065  | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 0.00                      |
| 23066  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw                                     | 0.00                      |
| 23067  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw                                     | 0.00                      |
| 23068  | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw                                 | 0.00                      |
| 23069  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised              | 0.00                      |
| 23070  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised              | 0.00                      |
| 23071  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised          | 0.00                      |
| 23072  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw                          | 0.00                      |
| 23073  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw                          | 0.00                      |
| 23074  | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw                      | 0.00                      |
| 23075  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                           | 0.00                      |
| 23076  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                           | 0.00                      |
| 23077  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                       | 0.00                      |
| 23078  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                                       | 0.00                      |
| 23079  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw                                       | 0.00                      |
| 23080  | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                                   | 0.00                      |
| 23081  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                        | 0.00                      |
| 23082  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                        | 0.00                      |
| 23083  | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised                    | 0.00                      |
| 23084  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                  | 0.00                      |
| 23085  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 23086  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised              | 0.00                      |
| 23087  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                              | 0.00                      |
| 23088  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw                              | 0.00                      |
| 23089  | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                          | 0.00                      |
| 23090  | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised  | 0.00                      |
| 23091  | Beef, chuck for stew, separable lean and fat, select, cooked, braised  | 0.00                      |
| 23092  | Beef, chuck for stew, separable lean and fat, choice, cooked, braised  | 0.00                      |
| 23093  | Beef, chuck for stew, separable lean and fat, all grades, raw  | 0.00                      |
| 23094  | Beef, chuck for stew, separable lean and fat, select, raw  | 0.00                      |
| 23095  | Beef, chuck for stew, separable lean and fat, choice, raw  | 0.00                      |
| 23096  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised                  | 0.00                      |
| 23097  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 23098  | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised              | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 23099  | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                | 0.00                      |
| 23100  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled                        | 0.00                      |
| 23101  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted                             | 0.00                      |
| 23102  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                   | 0.00                      |
| 23103  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                       | 0.00                      |
| 23104  | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                       | 0.00                      |
| 23105  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23106  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 23107  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 23108  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 23109  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 23110  | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23111  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                 | 0.00                      |
| 23112  | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                 | 0.00                      |
| 23113  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted       | 0.00                      |
| 23114  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted           | 0.00                      |
| 23115  | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted           | 0.00                      |
| 23116  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                    | 0.00                      |
| 23117  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                        | 0.00                      |
| 23118  | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                        | 0.00                      |
| 23119  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                    | 0.00                      |
| 23120  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                        | 0.00                      |
| 23121  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                        | 0.00                      |
| 23122  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                                | 0.00                      |
| 23123  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                    | 0.00                      |
| 23124  | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                    | 0.00                      |
| 23125  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                           | 0.00                      |
| 23126  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                               | 0.00                      |
| 23127  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                               | 0.00                      |
| 23128  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                                       | 0.00                      |
| 23129  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw   | 0.00                      |
| 23130  | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw   | 0.00                      |
| 23131  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                          | 0.00                      |
| 23132  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                              | 0.00                      |
| 23133  | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised                              | 0.00                      |
| 23134  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised                | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23135  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 0.00                      |
| 23136  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 0.00                      |
| 23137  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw         | 0.00                      |
| 23138  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw             | 0.00                      |
| 23139  | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw             | 0.00                      |
| 23140  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled          | 0.00                      |
| 23141  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled              | 0.00                      |
| 23142  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled              | 0.00                      |
| 23143  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                      | 0.00                      |
| 23144  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                          | 0.00                      |
| 23145  | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                          | 0.00                      |
| 23146  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted      | 0.00                      |
| 23147  | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted          | 0.00                      |
| 23148  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled         | 0.00                      |
| 23149  | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled         | 0.00                      |
| 23150  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw            | 0.00                      |
| 23151  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw                | 0.00                      |
| 23152  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw                | 0.00                      |
| 23153  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw           | 0.00                      |
| 23154  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw               | 0.00                      |
| 23155  | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw               | 0.00                      |
| 23156  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled      | 0.00                      |
| 23157  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled          | 0.00                      |
| 23158  | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled          | 0.00                      |
| 23159  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted     | 0.00                      |
| 23160  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted         | 0.00                      |
| 23161  | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted         | 0.00                      |
| 23162  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   | 0.00                      |
| 23163  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw               | 0.00                      |
| 23164  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled       | 0.00                      |
| 23165  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw                   | 0.00                      |
| 23166  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled       | 0.00                      |
| 23167  | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw                   | 0.00                      |
| 23168  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  | 0.00                      |
| 23169  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw              | 0.00                      |
| 23170  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled      | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 23171  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw                   | 0.00                      |
| 23172  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled       | 0.00                      |
| 23173  | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw                   | 0.00                      |
| 23174  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled       | 0.00                      |
| 23175  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw                   | 0.00                      |
| 23176  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled           | 0.00                      |
| 23177  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw                       | 0.00                      |
| 23178  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled           | 0.00                      |
| 23179  | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw                       | 0.00                      |
| 23180  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised                | 0.00                      |
| 23181  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw                            | 0.00                      |
| 23182  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised                    | 0.00                      |
| 23183  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw                                | 0.00                      |
| 23184  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised                    | 0.00                      |
| 23185  | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw                                | 0.00                      |
| 23186  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled        | 0.00                      |
| 23187  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled        | 0.00                      |
| 23188  | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled    | 0.00                      |
| 23189  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted        | 0.00                      |
| 23190  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted        | 0.00                      |
| 23191  | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted    | 0.00                      |
| 23192  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw          | 0.00                      |
| 23193  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw              | 0.00                      |
| 23194  | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw              | 0.00                      |
| 23195  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled       | 0.00                      |
| 23196  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled       | 0.00                      |
| 23197  | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   | 0.00                      |
| 23198  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   | 0.00                      |
| 23199  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted       | 0.00                      |
| 23200  | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted       | 0.00                      |
| 23201  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw         | 0.00                      |
| 23202  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw             | 0.00                      |
| 23213  | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw             | 0.00                      |
| 23214  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23215  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 23216  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23217  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw              | 0.00                      |
| 23218  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw                  | 0.00                      |
| 23219  | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw                  | 0.00                      |
| 23220  | Beef, ground, unspecified fat content, cooked  | 0.00                      |
| 23221  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23222  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 23223  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 23224  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 23225  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 23226  | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23227  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled     | 0.00                      |
| 23228  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled         | 0.00                      |
| 23229  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled         | 0.00                      |
| 23230  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw                 | 0.00                      |
| 23231  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw                     | 0.00                      |
| 23232  | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw                     | 0.00                      |
| 23233  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised              | 0.00                      |
| 23234  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised                  | 0.00                      |
| 23235  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised                  | 0.00                      |
| 23236  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw                          | 0.00                      |
| 23237  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw                              | 0.00                      |
| 23238  | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw                              | 0.00                      |
| 23239  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted    | 0.00                      |
| 23240  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw          | 0.00                      |
| 23241  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 0.00                      |
| 23242  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled     | 0.00                      |
| 23243  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled     | 0.00                      |
| 23244  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 23245  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 23246  | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 23247  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled              | 0.00                      |
| 23248  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled                  | 0.00                      |
| 23249  | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled                  | 0.00                      |
| 23250  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted       | 0.00                      |
| 23251  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted           | 0.00                      |
| 23252  | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted           | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 23253  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw                | 0.00                      |
| 23254  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw                    | 0.00                      |
| 23255  | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw                    | 0.00                      |
| 23256  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled          | 0.00                      |
| 23257  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled              | 0.00                      |
| 23258  | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled              | 0.00                      |
| 23259  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted   | 0.00                      |
| 23260  | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted       | 0.00                      |
| 23261  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw         | 0.00                      |
| 23262  | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw             | 0.00                      |
| 23263  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw                    | 0.00                      |
| 23264  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw                        | 0.00                      |
| 23265  | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw                        | 0.00                      |
| 23266  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                 | 0.00                      |
| 23267  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                     | 0.00                      |
| 23268  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                     | 0.00                      |
| 23269  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                             | 0.00                      |
| 23270  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                                 | 0.00                      |
| 23271  | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw                                 | 0.00                      |
| 23272  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                     | 0.00                      |
| 23273  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled                         | 0.00                      |
| 23274  | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled                         | 0.00                      |
| 23275  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted              | 0.00                      |
| 23276  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted                  | 0.00                      |
| 23277  | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted                  | 0.00                      |
| 23278  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.00                      |
| 23279  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled     | 0.00                      |
| 23280  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled     | 0.00                      |
| 23281  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 23282  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 23283  | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 23284  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled              | 0.00                      |
| 23285  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled                  | 0.00                      |
| 23286  | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled                  | 0.00                      |
| 23287  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted       | 0.00                      |
| 23288  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted           | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23289  | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted                      | 0.00                      |
| 23290  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw                        | 0.00                      |
| 23291  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw                            | 0.00                      |
| 23292  | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw                            | 0.00                      |
| 23293  | Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw   | 0.00                      |
| 23294  | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw                          | 0.00                      |
| 23295  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw      | 0.00                      |
| 23302  | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw                       | 0.00                      |
| 23303  | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw                            | 0.00                      |
| 23304  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw   | 0.00                      |
| 23305  | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw                         | 0.00                      |
| 23306  | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw                 | 0.00                      |
| 23307  | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw                        | 0.00                      |
| 23308  | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw                       | 0.00                      |
| 23309  | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw                  | 0.00                      |
| 23310  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw        | 0.00                      |
| 23311  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw        | 0.00                      |
| 23312  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw          | 0.00                      |
| 23313  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw    | 0.00                      |
| 23314  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw      | 0.00                      |
| 23315  | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw              | 0.00                      |
| 23316  | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw                     | 0.00                      |
| 23317  | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw                    | 0.00                      |
| 23318  | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw               | 0.00                      |
| 23319  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw     | 0.00                      |
| 23320  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw                 | 0.00                      |
| 23321  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 0.00                      |
| 23322  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw   | 0.00                      |
| 23323  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw     | 0.00                      |
| 23324  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                               | 0.00                      |
| 23325  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                   | 0.00                      |
| 23326  | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                   | 0.00                      |
| 23327  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                               | 0.00                      |
| 23328  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                                   | 0.00                      |
| 23329  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                                   | 0.00                      |
| 23330  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                            | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 23331  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 23332  | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23333  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 23334  | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw                  | 0.00                      |
| 23335  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23336  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                | 0.00                      |
| 23337  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                    | 0.00                      |
| 23338  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw                    | 0.00                      |
| 23339  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw         | 0.00                      |
| 23340  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw             | 0.00                      |
| 23341  | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw             | 0.00                      |
| 23342  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw                | 0.00                      |
| 23343  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw                    | 0.00                      |
| 23344  | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw                    | 0.00                      |
| 23345  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted    | 0.00                      |
| 23346  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted        | 0.00                      |
| 23347  | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted        | 0.00                      |
| 23348  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted    | 0.00                      |
| 23349  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted        | 0.00                      |
| 23350  | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted        | 0.00                      |
| 23351  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23352  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled     | 0.00                      |
| 23353  | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled     | 0.00                      |
| 23354  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                   | 0.00                      |
| 23355  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                       | 0.00                      |
| 23356  | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw                       | 0.00                      |
| 23357  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw                   | 0.00                      |
| 23358  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                       | 0.00                      |
| 23359  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw                       | 0.00                      |
| 23360  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw                | 0.00                      |
| 23361  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                    | 0.00                      |
| 23362  | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw                    | 0.00                      |
| 23363  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                | 0.00                      |
| 23364  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                    | 0.00                      |
| 23365  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw                    | 0.00                      |
| 23366  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw                   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23367  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw                            | 0.00                      |
| 23368  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw                            | 0.00                      |
| 23369  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw                 | 0.00                      |
| 23370  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw                     | 0.00                      |
| 23371  | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw                     | 0.00                      |
| 23372  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw                        | 0.00                      |
| 23373  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw                            | 0.00                      |
| 23374  | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw                            | 0.00                      |
| 23375  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted            | 0.00                      |
| 23376  | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted                | 0.00                      |
| 23377  | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted                | 0.00                      |
| 23378  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted            | 0.00                      |
| 23379  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted                | 0.00                      |
| 23380  | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted                | 0.00                      |
| 23381  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled         | 0.00                      |
| 23382  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled             | 0.00                      |
| 23383  | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled             | 0.00                      |
| 23384  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw                    | 0.00                      |
| 23385  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw                    | 0.00                      |
| 23386  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw                | 0.00                      |
| 23387  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw                 | 0.00                      |
| 23388  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 23389  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled     | 0.00                      |
| 23390  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled     | 0.00                      |
| 23391  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 0.00                      |
| 23392  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled        | 0.00                      |
| 23393  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled        | 0.00                      |
| 23394  | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled    | 0.00                      |
| 23395  | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 23397  | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted                                    | 0.00                      |
| 23398  | Beef, New Zealand, imported, bolar blade, separable lean only, raw   | 0.00                      |
| 23399  | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised                                   | 0.00                      |
| 23401  | Beef, New Zealand, imported, brisket navel end, separable lean only, raw   | 0.00                      |
| 23402  | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised                                   | 0.00                      |
| 23403  | Beef, New Zealand, imported, brisket point end, separable lean only, raw   | 0.00                      |
| 23405  | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised                                      | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23406  | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted  | 0.00                      |
| 23407  | Beef, New Zealand, imported, cube roll, separable lean only, raw                   | 0.00                      |
| 23408  | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted  | 0.00                      |
| 23409  | Beef, New Zealand, imported, eye round, separable lean only, raw                   | 0.00                      |
| 23410  | Beef, New Zealand, imported, flank, separable lean only, cooked, braised           | 0.00                      |
| 23411  | Beef, New Zealand, imported, flank, separable lean only, raw                       | 0.00                      |
| 23412  | Beef, New Zealand, imported, flat, separable lean only, cooked, braised            | 0.00                      |
| 23413  | Beef, New Zealand, imported, flat, separable lean only, raw                        | 0.00                      |
| 23414  | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled  | 0.00                      |
| 23415  | Beef, New Zealand, imported, variety meats and by-products, heart, raw             | 0.00                      |
| 23416  | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised       | 0.00                      |
| 23417  | Beef, New Zealand, imported, hind shin, separable lean only, raw                   | 0.00                      |
| 23418  | Beef, New Zealand, imported, inside, raw   | 0.00                      |
| 23419  | Beef, New Zealand, imported, intermuscular fat, cooked                             | 0.00                      |
| 23420  | Beef, New Zealand, imported, intermuscular fat, raw                                | 0.00                      |
| 23421  | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 0.00                      |
| 23422  | Beef, New Zealand, imported, knuckle, cooked, fast fried                           | 0.00                      |
| 23423  | Beef, New Zealand, imported, variety meats and by-products, kidney, raw            | 0.00                      |
| 23424  | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled   | 0.00                      |
| 23425  | Beef, New Zealand, imported, variety meats and by-products, liver, raw             | 0.00                      |
| 23426  | Beef, New Zealand, imported, manufacturing beef, cooked, boiled                    | 0.00                      |
| 23427  | Beef, New Zealand, imported, manufacturing beef, raw                               | 0.00                      |
| 23428  | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised    | 0.00                      |
| 23429  | Beef, New Zealand, imported, oyster blade, separable lean only, raw                | 0.00                      |
| 23430  | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted                   | 0.00                      |
| 23431  | Beef, New Zealand, imported, ribs prepared, raw                                    | 0.00                      |
| 23432  | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried  | 0.00                      |
| 23433  | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried    | 0.00                      |
| 23434  | Beef, New Zealand, imported, striploin, separable lean only, raw                   | 0.00                      |
| 23435  | Beef, New Zealand, imported, subcutaneous fat, cooked                              | 0.00                      |
| 23436  | Beef, New Zealand, imported, subcutaneous fat, raw                                 | 0.00                      |
| 23437  | Beef, New Zealand, imported, sweetbread, cooked, boiled                            | 0.00                      |
| 23438  | Beef, New Zealand, imported, sweetbread, raw                                       | 0.00                      |
| 23439  | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried   | 0.00                      |
| 23440  | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw             | 0.00                      |
| 23441  | Beef, New Zealand, imported, tenderloin, separable lean only, raw                  | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 23442  | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled      | 0.00                      |
| 23443  | Beef, New Zealand, imported, variety meats and by-products, tongue, raw                 | 0.00                      |
| 23444  | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled        | 0.00                      |
| 23445  | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw         | 0.00                      |
| 23446  | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted  | 0.00                      |
| 23447  | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw                   | 0.00                      |
| 23448  | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 0.00                      |
| 23449  | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw             | 0.00                      |
| 23450  | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised | 0.00                      |
| 23451  | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw             | 0.00                      |
| 23452  | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised    | 0.00                      |
| 23453  | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw                | 0.00                      |
| 23454  | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted    | 0.00                      |
| 23455  | Beef, New Zealand, imported, cube roll, separable lean and fat, raw                     | 0.00                      |
| 23456  | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted    | 0.00                      |
| 23457  | Beef, New Zealand, imported, eye round, separable lean and fat, raw                     | 0.00                      |
| 23458  | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised             | 0.00                      |
| 23459  | Beef, New Zealand, imported, flank, separable lean and fat, raw                         | 0.00                      |
| 23460  | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised              | 0.00                      |
| 23461  | Beef, New Zealand, imported, flat, separable lean and fat, raw                          | 0.00                      |
| 23462  | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised         | 0.00                      |
| 23463  | Beef, New Zealand, imported, hind shin, separable lean and fat, raw                     | 0.00                      |
| 23464  | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised      | 0.00                      |
| 23465  | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried    | 0.00                      |
| 23466  | Beef, New Zealand, imported, rump centre, separable lean only, raw                      | 0.00                      |
| 23467  | Beef, New Zealand, imported, rump centre, separable lean and fat, raw                   | 0.00                      |
| 23468  | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried      | 0.00                      |
| 23469  | Beef, New Zealand, imported, striploin, separable lean and fat, raw                     | 0.00                      |
| 23470  | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried     | 0.00                      |
| 23471  | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw                    | 0.00                      |
| 23472  | Beef, ground, 93% lean meat / 7% fat, raw   | 0.00                      |
| 23473  | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled                            | 0.00                      |
| 23474  | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled                         | 0.00                      |
| 23475  | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked                               | 0.00                      |
| 23476  | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned                     | 0.00                      |
| 23477  | Beef, ground, 97% lean meat / 3% fat, raw   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23478  | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled   | 0.00                      |
| 23479  | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled  | 0.00                      |
| 23480  | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked  | 0.00                      |
| 23481  | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned  | 0.00                      |
| 23482  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw                     | 0.00                      |
| 23483  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw                      | 0.00                      |
| 23484  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked                   | 0.00                      |
| 23485  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw                        | 0.00                      |
| 23490  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw                          | 0.00                      |
| 23491  | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked   | 0.00                      |
| 23494  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw                         | 0.00                      |
| 23495  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw                            | 0.00                      |
| 23496  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw                            | 0.00                      |
| 23497  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw                         | 0.00                      |
| 23498  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked                       | 0.00                      |
| 23499  | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw                          | 0.00                      |
| 23502  | USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked  | 0.00                      |
| 23503  | USDA Commodity, beef, patties (100%), frozen, cooked   | 0.00                      |
| 23509  | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                    | 0.00                      |
| 23511  | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                            | 0.00                      |
| 23513  | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw                                     | 0.00                      |
| 23514  | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted                           | 0.00                      |
| 23515  | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted                         | 0.00                      |
| 23516  | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled                    | 0.00                      |
| 23517  | Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                         | 0.00                      |
| 23519  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled                | 0.00                      |
| 23521  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled                | 0.00                      |
| 23523  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled                             | 0.00                      |
| 23525  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled                             | 0.00                      |
| 23528  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted                            | 0.00                      |
| 23531  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted                            | 0.00                      |
| 23536  | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled                     | 0.00                      |
| 23540  | Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                | 0.00                      |
| 23541  | Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled               | 0.00                      |
| 23545  | Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 0.00                      |
| 23547  | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled                 | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23549  | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled         | 0.00                      |
| 23552  | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted        | 0.00                      |
| 23554  | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 0.00                      |
| 23557  | Beef, ground, 95% lean meat / 5% fat, raw  | 0.00                      |
| 23558  | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled   | 0.00                      |
| 23559  | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled                                       | 0.00                      |
| 23560  | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned                                    | 0.00                      |
| 23561  | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked  | 0.00                      |
| 23562  | Beef, ground, 90% lean meat / 10% fat, raw   | 0.00                      |
| 23563  | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled  | 0.00                      |
| 23564  | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled                                      | 0.00                      |
| 23565  | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned                                   | 0.00                      |
| 23566  | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked   | 0.00                      |
| 23567  | Beef, ground, 85% lean meat / 15% fat, raw   | 0.00                      |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 0.00                      |
| 23569  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled                                      | 0.00                      |
| 23570  | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned                                   | 0.00                      |
| 23571  | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked   | 0.00                      |
| 23572  | Beef, ground, 80% lean meat / 20% fat, raw   | 0.00                      |
| 23574  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled                                      | 0.00                      |
| 23575  | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned                                   | 0.00                      |
| 23576  | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked   | 0.00                      |
| 23577  | Beef, ground, 75% lean meat / 25% fat, raw   | 0.00                      |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 0.00                      |
| 23579  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled                                      | 0.00                      |
| 23580  | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned                                   | 0.00                      |
| 23581  | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked   | 0.00                      |
| 23582  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw               | 0.00                      |
| 23583  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw                         | 0.00                      |
| 23584  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw                        | 0.00                      |
| 23585  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw               | 0.00                      |
| 23586  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled   | 0.00                      |
| 23587  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled             | 0.00                      |
| 23588  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled            | 0.00                      |
| 23589  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled   | 0.00                      |
| 23590  | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted   | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23591  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted      | 0.00                      |
| 23592  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled         | 0.00                      |
| 23593  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised      | 0.00                      |
| 23594  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw              | 0.00                      |
| 23595  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised          | 0.00                      |
| 23596  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw                      | 0.00                      |
| 23597  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw              | 0.00                      |
| 23598  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted  | 0.00                      |
| 23599  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw             | 0.00                      |
| 23600  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled           | 0.00                      |
| 23601  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw                       | 0.00                      |
| 23602  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised        | 0.00                      |
| 23603  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw                    | 0.00                      |
| 23604  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked           | 0.00                      |
| 23605  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised  | 0.00                      |
| 23606  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.00                      |
| 23607  | Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw              | 0.00                      |
| 23608  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled     | 0.00                      |
| 23609  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw                 | 0.00                      |
| 23610  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled          | 0.00                      |
| 23611  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw                      | 0.00                      |
| 23612  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw                        | 0.00                      |
| 23613  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw                          | 0.00                      |
| 23614  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised            | 0.00                      |
| 23615  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised              | 0.00                      |
| 23616  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw                  | 0.00                      |
| 23617  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw                     | 0.00                      |
| 23618  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw                  | 0.00                      |
| 23619  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted      | 0.00                      |
| 23620  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted      | 0.00                      |
| 23621  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         | 0.00                      |
| 23622  | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised      | 0.00                      |
| 23623  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 23624  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                           | 0.00                      |
| 23625  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                          | 0.00                      |
| 23626  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled      | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 23627  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw                 | 0.00                      |
| 23628  | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled               | 0.00                      |
| 23629  | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled              | 0.00                      |
| 23630  | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled     | 0.00                      |
| 23631  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw                        | 0.00                      |
| 23632  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw                          | 0.00                      |
| 23633  | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised            | 0.00                      |
| 23634  | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised              | 0.00                      |
| 23635  | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw                  | 0.00                      |
| 23636  | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw                     | 0.00                      |
| 23637  | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw                  | 0.00                      |
| 23638  | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 0.00                      |
| 23640  | Beef, variety meats and by-products, tripe, cooked, simmered   | 0.00                      |
| 23646  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw             | 0.00                      |
| 23647  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted     | 0.00                      |
| 23648  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw                 | 0.00                      |
| 23649  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted     | 0.00                      |
| 23650  | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw                 | 0.00                      |
| 23651  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw                   | 0.00                      |
| 23652  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw                       | 0.00                      |
| 23653  | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw                       | 0.00                      |
| 23654  | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled                  | 0.00                      |
| 23655  | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled                      | 0.00                      |
| 23656  | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw                              | 0.00                      |
| 23657  | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw                                  | 0.00                      |
| 23658  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw                       | 0.00                      |
| 23659  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw                       | 0.00                      |
| 23660  | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised           | 0.00                      |
| 25000  | Snacks, popcorn, microwave, 94% fat free   | 0.00                      |
| 25001  | Snacks, popcorn, microwave, low fat  | 0.00                      |
| 25003  | Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C                                  | 0.00                      |
| 25012  | Snacks, sweet potato chips, unsalted   | 0.00                      |
| 25013  | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor  | 0.00                      |
| 25014  | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil                | 0.00                      |
| 25017  | Formulated bar, POWER BAR, chocolate   | 0.00                      |
| 25020  | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut   | 0.00                      |



| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 25022  | Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor               | 0.00                      |
| 25023  | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor      | 0.00                      |
| 25024  | Pretzels, soft, unsalted  | 0.00                      |
| 25025  | Snacks, soy chips or crisps, salted                                       | 0.00                      |
| 25026  | Popcorn, microwave, regular (butter) flavor, made with palm oil           | 0.00                      |
| 25027  | Snacks, plantain chips, salted  | 0.00                      |
| 25028  | Tortilla chips, yellow, plain, salted                                     | 0.00                      |
| 25030  | Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS                | 0.00                      |
| 25033  | Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors                  | 0.00                      |
| 25035  | Snacks, granola bar, chewy, reduced sugar, all flavors                    | 0.00                      |
| 25036  | Snacks, granola bites, mixed flavors                                      | 0.00                      |
| 25037  | Snacks, pita chips, salted  | 0.00                      |
| 25038  | Snacks, granola bars, soft, almond, confectioners coating                 | 0.00                      |
| 25039  | Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors                   | 0.00                      |
| 25040  | Snacks, vegetable chips, made from garden vegetables                      | 0.00                      |
| 25041  | Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors                | 0.00                      |
| 25043  | Snacks, candy bits, yogurt covered with vitamin C                         | 0.00                      |
| 25046  | Snacks, bagel chips, plain  | 0.00                      |
| 25048  | Snacks, NUTRI-GRAIN FRUIT AND NUT BAR                                     | 0.00                      |
| 25051  | Snacks, CLIF BAR, mixed flavors   | 0.00                      |
| 25053  | Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut | 0.00                      |
| 25054  | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating    | 0.00                      |
| 25055  | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX        | 0.00                      |
| 25056  | Snacks, granola bar, QUAKER, DIPPS, all flavors                           | 0.00                      |
| 25059  | Snacks, brown rice chips  | 0.00                      |
| 25062  | Snack, Mixed Berry Bar  | 0.00                      |
| 25063  | Snacks, potato chips, made from dried potatoes (preformed), multigrain    | 0.00                      |
| 25064  | Snacks, potato chips, lightly salted                                      | 0.00                      |
| 27000  | Soup, egg drop, Chinese restaurant  | 0.00                      |
| 27001  | Soup, hot and sour, Chinese restaurant                                    | 0.00                      |
| 27002  | Soup, wonton, Chinese restaurant  | 0.00                      |
| 27035  | Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium          | 0.00                      |
| 27043  | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve   | 0.00                      |
| 27044  | Soup, chicken noodle, reduced sodium, canned, ready-to-serve              | 0.00                      |
| 27046  | Sauce, duck, ready-to-serve   | 0.00                      |
| 27047  | Sauce, salsa, verde, ready-to-serve                                       | 0.00                      |

| NDB_No | Description  | Caffeine(mg)<br>Value Per |
|--------|--|---------------------------|
| 27048  | Sauce, steak, tomato based   | 0.00                      |
| 27049  | Sauce, tartar, ready-to-serve  | 0.00                      |
| 27050  | Sauce, sweet and sour, ready-to-serve  | 0.00                      |
| 27051  | Sauce, cocktail, ready-to-serve  | 0.00                      |
| 27052  | Dip, salsa con queso, cheese and salsa- medium                                     | 0.00                      |
| 27059  | Sauce, peanut, made from peanut butter, water, soy sauce                           | 0.00                      |
| 27060  | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve                     | 0.00                      |
| 27062  | Soup, beef barley, ready to serve  | 0.00                      |
| 27063  | Sauce, enchilada, red, mild, ready to serve  | 0.00                      |
| 27064  | Wasabi   | 0.00                      |
| 27065  | Dip, bean, original flavor   | 0.00                      |
| 27066  | Sauce, horseradish   | 0.00                      |
| 28285  | Bread, chapati or roti, whole wheat, commercially prepared, frozen                 | 0.00                      |
| 28286  | Bread, paratha, whole wheat, commercially prepared, frozen                         | 0.00                      |
| 28287  | Bread, naan, whole wheat, commercially prepared, refrigerated                      | 0.00                      |
| 28288  | Bread, roll, Mexican, bolillo  | 0.00                      |
| 28291  | Cookies, animal, with frosting or icing  | 0.00                      |
| 28292  | Crackers, multigrain   | 0.00                      |
| 28295  | Tortillas, ready-to-bake or -fry, whole wheat                                      | 0.00                      |
| 28297  | Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber | 0.00                      |
| 28300  | Cookies, oatmeal sandwich, with creme filling                                      | 0.00                      |
| 28301  | Cookies, peanut butter, commercially prepared, sugar free                          | 0.00                      |
| 28302  | Cookies, graham crackers, plain or honey, lowfat                                   | 0.00                      |
| 28303  | Crackers, cheese, whole grain  | 0.00                      |
| 28304  | Waffles, whole wheat, lowfat, frozen, ready-to-heat                                | 0.00                      |
| 28305  | Pancakes, plain, reduced fat   | 0.00                      |
| 28308  | Crackers, standard snack-type, with whole wheat                                    | 0.00                      |
| 28309  | Cookies, coconut macaroon  | 0.00                      |
| 28310  | Cookies, shortbread, reduced fat   | 0.00                      |
| 28312  | Rolls, hamburger or hot dog, wheat/cracked wheat                                   | 0.00                      |
| 28313  | Rolls, hamburger or hot dog, whole wheat   | 0.00                      |
| 28314  | Crackers, sandwich-type, peanut butter filled, reduced fat                         | 0.00                      |
| 28315  | Bread, cinnamon  | 0.00                      |
| 28316  | Bread, wheat, sprouted   | 0.00                      |
| 28317  | Bread, wheat, sprouted, toasted  | 0.00                      |
| 28318  | Bread, french or vienna, whole wheat   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 28319  | Bagels, whole grain white   | 0.00                      |
| 28320  | English muffins, whole grain white  | 0.00                      |
| 28321  | Rolls, hamburger, whole grain white, calcium-fortified                        | 0.00                      |
| 28322  | Bagels, multigrain  | 0.00                      |
| 28323  | Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)           | 0.00                      |
| 28324  | Pancakes, whole wheat, dry mix, incomplete                                    | 0.00                      |
| 28325  | Crackers, toast thins, low sodium   | 0.00                      |
| 28326  | Crackers, whole grain, sandwich-type, with peanut butter filling              | 0.00                      |
| 28327  | Crackers, water biscuits  | 0.00                      |
| 28337  | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca  | 0.00                      |
| 28341  | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch | 0.00                      |
| 28345  | Crackers, gluten-free, multi-seeded and multigrain                            | 0.00                      |
| 28346  | Waffles, gluten-free, frozen, ready-to-heat                                   | 0.00                      |
| 28347  | Pancakes, gluten-free, frozen, ready-to-heat                                  | 0.00                      |
| 28348  | Rolls, dinner, sweet  | 0.00                      |
| 28349  | Cookies, oatmeal, reduced fat   | 0.00                      |
| 28351  | Cookies, Marie biscuit  | 0.00                      |
| 28352  | Cookies, vanilla sandwich with creme filling, reduced fat                     | 0.00                      |
| 28397  | Bread, multi-grain (includes whole-grain)                                     | 0.00                      |
| 28399  | Cookies, animal crackers (includes arrowroot, tea biscuits)                   | 0.00                      |
| 31019  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry                               | 0.00                      |
| 31020  | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated                        | 0.00                      |
| 31021  | Potatoes, hash brown, refrigerated, unprepared                                | 0.00                      |
| 31022  | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil         | 0.00                      |
| 31023  | Sweet Potatoes, french fried, frozen as packaged, salt added in processing    | 0.00                      |
| 31032  | Vegetable smoothie, NAKED JUICE, KALE BLAZER                                  | 0.00                      |
| 31033  | Ginger root, pickled, canned, with artificial sweetener                       | 0.00                      |
| 31034  | Peppers, hot pickled, canned  | 0.00                      |
| 31035  | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS                                | 0.00                      |
| 31036  | Potatoes, mashed, ready-to-eat  | 0.00                      |
| 32000  | Rice and vermicelli mix, beef flavor, unprepared                              | 0.00                      |
| 32002  | Rice and vermicelli mix, rice pilaf flavor, unprepared                        | 0.00                      |
| 32004  | Macaroni and cheese, box mix with cheese sauce, unprepared                    | 0.00                      |
| 32006  | Taquitos, frozen, chicken and cheese, oven-heated                             | 0.00                      |
| 32007  | Taquitos, frozen, beef and cheese, oven-heated                                | 0.00                      |
| 32008  | Pasta mix, classic cheeseburger macaroni, unprepared                          | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 32009  | Pasta mix, classic beef, unprepared   | 0.00                      |
| 32010  | Pasta mix, Italian lasagna, unprepared  | 0.00                      |
| 32011  | Yellow rice with seasoning, dry packet mix, unprepared  | 0.00                      |
| 32012  | Pizza rolls, frozen, unprepared   | 0.00                      |
| 32013  | Potsticker or wonton, pork and vegetable, frozen, unprepared  | 0.00                      |
| 32014  | Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared                     | 0.00                      |
| 32015  | Turnover, cheese-filled, tomato-based sauce, frozen, unprepared                                     | 0.00                      |
| 32016  | Macaroni or noodles with cheese, microwaveable, unprepared  | 0.00                      |
| 32019  | Lasagna, cheese, frozen, unprepared   | 0.00                      |
| 32024  | Rice mix, cheese flavor, dry mix, unprepared  | 0.00                      |
| 32025  | Dumpling, potato- or cheese-filled, frozen  | 0.00                      |
| 32026  | Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen                            | 0.00                      |
| 32027  | Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen                          | 0.00                      |
| 32028  | Turnover, filled with egg, meat and cheese, frozen  | 0.00                      |
| 32029  | Rice mix, white and wild, flavored, unprepared  | 0.00                      |
| 32031  | Salisbury steak with gravy, frozen  | 0.00                      |
| 32032  | Sausage, egg and cheese breakfast biscuit   | 0.00                      |
| 33862  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder                                     | 0.00                      |
| 33863  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder                                | 0.00                      |
| 33864  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted | 0.00                      |
| 33865  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted       | 0.00                      |
| 33866  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder                  | 0.00                      |
| 33867  | Infant formula, GERBER, GOOD START, PROTECT PLUS, powder  | 0.00                      |
| 33868  | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder  | 0.00                      |
| 33869  | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder  | 0.00                      |
| 33870  | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder                        | 0.00                      |
| 33871  | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA                    | 0.00                      |
| 33872  | Infant formula, GERBER, GOOD START 2 SOY, with iron, powder   | 0.00                      |
| 33873  | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted              | 0.00                      |
| 33874  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron                | 0.00                      |
| 33875  | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron                | 0.00                      |
| 33876  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed                               | 0.00                      |
| 33877  | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder                                      | 0.00                      |
| 35009  | Whale, beluga, meat, dried (Alaska Native)  | 0.00                      |
| 35015  | Blackberries, wild, raw (Alaska Native)   | 0.00                      |
| 35183  | Corn, dried, yellow (Northern Plains Indians)   | 0.00                      |

| NDB_No | Description   | Caffeine(mg)<br>Value Per |
|--------|---|---------------------------|
| 35190  | Salmon, red (sockeye), filets with skin, smoked (Alaska Native)   | 0.00                      |
| 35211  | Caribou, hind quarter, meat, cooked (Alaska Native)               | 0.00                      |
| 35232  | Wocas, dried seeds, Oregon, yellow pond lily (Klamath)            | 0.00                      |
| 35235  | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)          | 0.00                      |
| 36012  | Restaurant, family style, fried mozzarella sticks                 | 0.00                      |
| 36016  | Restaurant, family style, shrimp, breaded and fried               | 0.00                      |
| 36017  | Restaurant, family style, macaroni & cheese, from kids' menu      | 0.00                      |
| 36033  | Restaurant, family style, fish fillet, battered or breaded, fried | 0.00                      |
| 36035  | Restaurant, family style, coleslaw                                | 0.00                      |
| 36037  | Restaurant, family style, chili with meat and beans               | 0.00                      |
| 36041  | Restaurant, Italian, lasagna with meat                            | 0.00                      |
| 36403  | Restaurant, Latino, empanadas, beef, prepared                     | 0.00                      |
| 36409  | Restaurant, Latino, pupusas con queso (pupusas, cheese)           | 0.00                      |
| 36410  | Restaurant, Latino, pupusas del cerdo (pupusas, pork)             | 0.00                      |
| 36411  | Restaurant, Latino, tamale, corn                                  | 0.00                      |
| 36412  | Restaurant, Latino, tamale, pork                                  | 0.00                      |
| 36417  | Restaurant, Mexican, spanish rice                                 | 0.00                      |
| 36418  | Restaurant, Mexican, refried beans                                | 0.00                      |
| 36602  | Restaurant, Chinese, fried rice, without meat                     | 0.00                      |
| 36603  | Restaurant, Chinese, beef and vegetables                          | 0.00                      |
| 36617  | Restaurant, Chinese, lemon chicken                                | 0.00                      |
| 36618  | Restaurant, Chinese, general tso's chicken                        | 0.00                      |
| 36619  | Restaurant, Chinese, kung pao chicken                             | 0.00                      |
| 36621  | Restaurant, Chinese, sweet and sour chicken                       | 0.00                      |
| 36624  | Restaurant, Chinese, vegetable chow mein, without meat or noodles | 0.00                      |
| 36625  | Restaurant, Chinese, vegetable lo mein, without meat              | 0.00                      |